

OCTOBER 1 - 7, 2006

American Profile

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THESE ARE THE NIGHTS THAT LAST A LIFETIME.



FRIDAY NIGHT LIGHTS

PREMIERES OCTOBER 3 TUESDAYS 8/7c  NBC

PETER BERG

This fall, a new NBC prime-time series, *Friday Night Lights*, will introduce audiences to a compelling cast of characters engaged in a time-honored American tradition: high school football.

"There's something about high school athletics in America that's unique," says Peter Berg, the show's executive producer. "You've got 16- or 17-year-old boys, some even younger, who are being asked to perform at extraordinarily high levels, rallying around the hopes of dreams of their community. A magical light shines on them; it's dramatic and emotional and real."

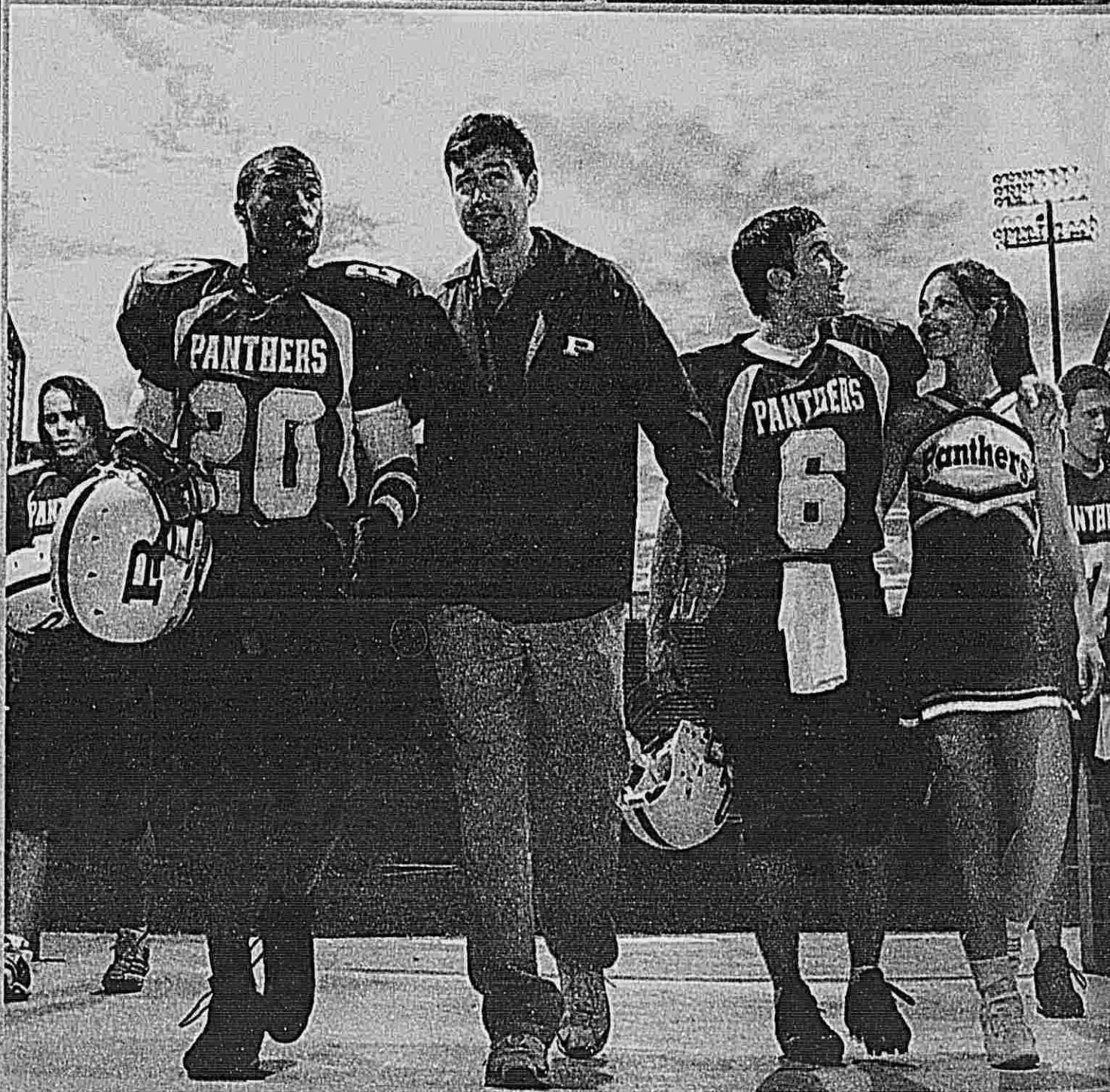
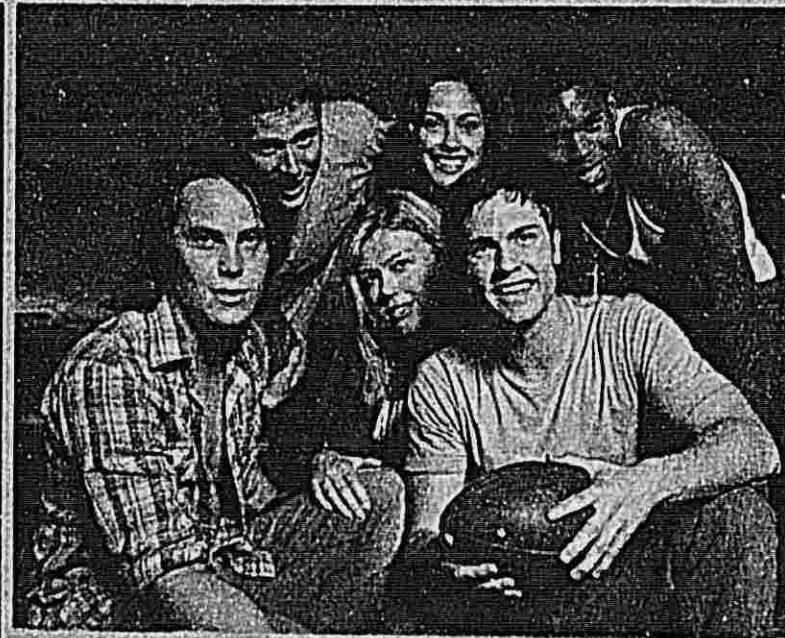
Berg first brought that dramatic light into focus as director of the acclaimed 2004 movie also titled *Friday Night Lights*. The new TV series won't simply be an extension of the film, he says. "It's a completely new group of characters, and it takes place present day instead of 1988."

Berg, who played four years of high school football himself as a teenager in Connecticut, says that the game promotes values that also apply on the bigger playing field of life.

"Clearly, in football you have the very real themes of courage, teamwork, selflessness and sacrifice," he says.

"These kids are basically going to war with each other every Friday night. It's dangerous and very challenging."

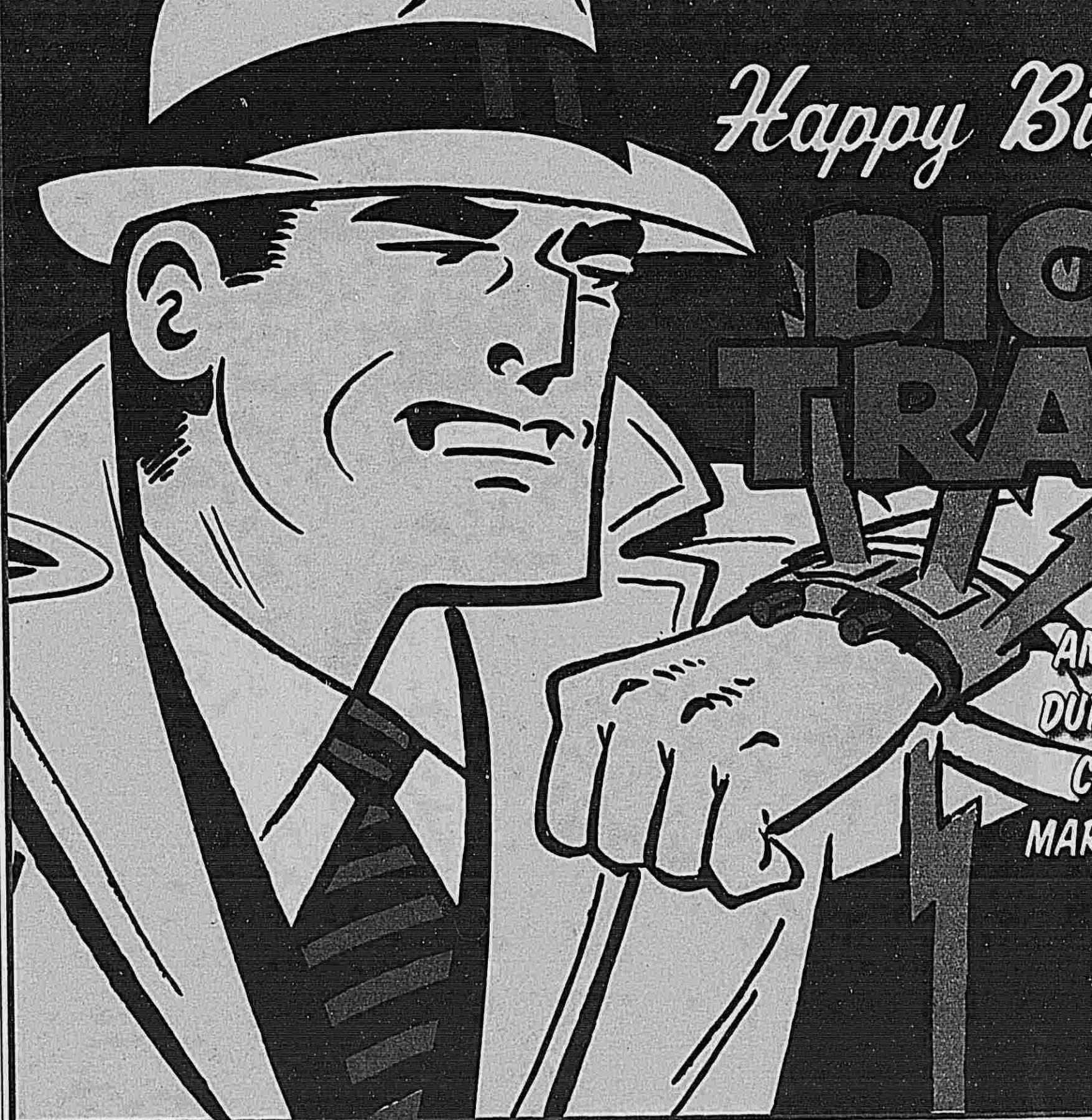
And this fall, it happens underneath the glow of *Friday Night Lights*.



OCTOBER 1 - 7, 2006

American Profile

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Happy Birthday,

**DICK
TRACY**

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INSIDE:

- Check out the new AmericanProfile.com
- Lani Malmberg's herd eats the West's weeds
- Harold Burnham, a shipwright by birthright
- Saving on insurance
- Gwen's chuck roast

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We're taking a break from your Ask American Profile questions this week to tell you some exciting news about our redesigned, revamped website—the new and improved AmericanProfile.com!

Launching Oct. 1, it will make it even easier to find recipes, feature stories, celebrity tidbits and Our Pick reviews of new DVDs, books and CDs, some of them created exclusively for our online readers.

And here's something brand new: our message boards, where you can post your comments about our stories, share your opinions and interact with other readers. (If you have a private comment you would like to share only with us, you can email us directly at apcomments@americanprofile.com.) You can also enter contests and browse our complete archive of stories and columns you may have missed.

We look forward to having you join us online at the new AmericanProfile.com! ▶

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CMT SURE THING FRIDAYS

Weekends start with "CMT Sure Thing Fridays"

Now Fridays are a great night to stay home and watch CMT—specifically "CMT Sure Thing Fridays," a block of entertainment that is sure to start your weekend off right. Rev up with new episodes of *Trick My Truck* (7 p.m.), laugh to the antics of *Foxworthy's Big Night Out* (7:30 p.m.) and cheer with *Dallas Cowboys Cheerleaders: Making the Team* (8 p.m., all times Central). Fridays have never been more fun!

■ Will You Marry Me?

People find all sorts of ways to propose marriage. How did you or your spouse pop the question? American Profile is seeking stories about unique, romantic and memorable marriage proposals for an upcoming story. If you've got an unforgettable story worthy of publication, mail a brief description of the event and a photograph of you and your spouse to: Marriage Proposals, American Profile, 341 Cool Springs Blvd. 4th Floor, Franklin, TN, 37067, by Oct. 15. Photographs will not be returned.

JUST RELEASED . . .

The Lost Trailers hitch up a hit

The Lost Trailers, on the radio recently with the single "Why Me," push country music energetically forward by giving new life to its age-old strengths of strong storytelling, sharp musicianship and real-life themes. "Our songs have people who struggle and face life-changing turning points, but it's always with the mindset that even in the darkest times, things will get better," says singer/guitarist Stokes Nielson. "I think this album is a testament to five guys who have stuck together through thick and thin because we know we have something to offer."



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Hometown Spotlight

Fayette County's Freefall Fest

by RICHARD
MCVEY
Editor

Photo: Steve Jesse

John McDonald, 39, stands nervously atop the New River Gorge Bridge in Fayette County, W.Va. (pop. 47,579). Pausing to enjoy one of the state's most spectacular views, the Orlando, Fla., parachutist looks down at the river 876 feet below and leaps off the bridge as thousands of onlookers cheer.

"When you first jump it's totally quiet," says McDonald, whose sport is called BASE jumping because participants jump off "buildings, antennas, spans and earth." "Then the wind starts picking up and it turns into a roar." Four seconds into his freefall off the nation's second highest bridge, McDonald opens his parachute and guides himself to a landing spot along the New River's edge.

McDonald is among 384 BASE jumpers from around the world who participated in last year's Bridge Day, a celebration of the world's second longest single-arch bridge—measuring 3,030 feet long with a 1,700-foot arch span. The annual October event features food, arts & craft booths, and strolls along the one-half mile bridge. Some 100,000 people come each year to watch BASE jumpers plunge off

BASE jumper John McDonald prior to his perilous 876-foot plunge

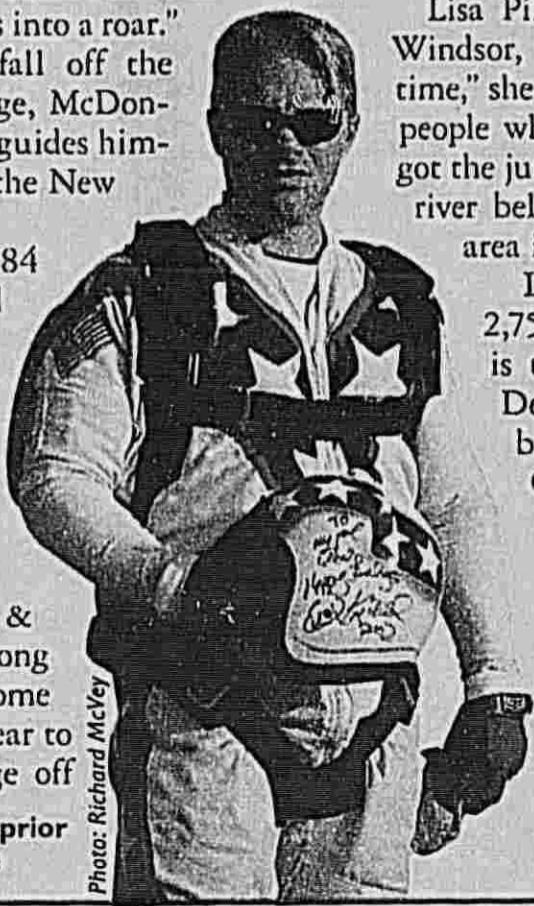


Photo: Richard McVey

the bridge and rappellers using harnesses and ropes to descend from the magnificent steel span.

"It's an exciting thing to watch," says Jeffrey Dorsey of the BASE jumpers. "It seems like Bridge Day just gets bigger and better every year." Dorsey, 41, traveled from Huntington, W.Va. (pop. 51,475), with his wife Stephanie, 39, and their 18-month-old daughter, Jenna. "It's a big family outing for us," Stephanie adds. "And it's an all-around good event."

Lisa Pilom, a 34-year-old rappeller from Windsor, Ontario, agrees. "It's such a good time," she says. "You've got the festival for the people who want to visit the booths, you've got the jumpers, the rappellers, rafting on the river below; you can't go wrong. Plus, the area is beautiful."

Located north of Fayetteville (pop. 2,754), along Highway 19, the bridge is the property of the West Virginia Department of Highways. The area below is part of the New River Gorge National River, run by the National Park Service.

Park Ranger Leah Perkowski has worked each Bridge Day since joining the park service 13 years ago. "If you find me flying off the bridge, there's probably been a crime involved," Perkowski jokes. Last year, she helped ensure the safety of spectators who stood



Thrill seekers parachute from the New River Gorge Bridge in West Virginia during the annual Bridge Day celebration.

along the river's edge watching BASE jumpers land. "The jumpers try to land in the drop zone, but some will tell you they want to end up in the river because it's a softer landing."

The origins of Bridge Day date back to the bridge's completion on Oct. 22, 1977. "We had a ceremony to dedicate the bridge on the third Saturday of October back in 1977," says Doug Maddy, who at the time was executive director of the Fayette County Chamber of Commerce, which still hosts the free event. "I think collectively when everybody looked out over the bridge and saw the view—it was the peak of our fall foliage and the bridge was magnificent—everybody there said, 'We need to do this again.'"

In 1980, with the support of then-West Virginia Gov. Jay Rockefeller, Bridge Day became a reality, and 150,000 wide-eyed people came

(Continued on page 8)

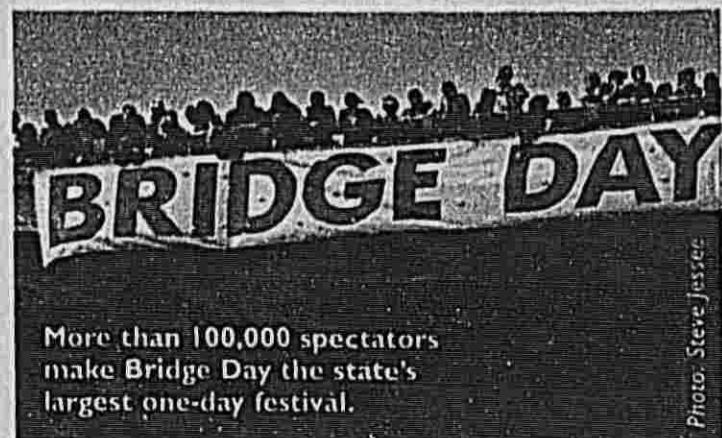


Photo: Steve Jesse

AS HEARD ON PAUL HARVEY NEWS

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Q. What advantages does infrared quartz tube heating source have over other heating source products?

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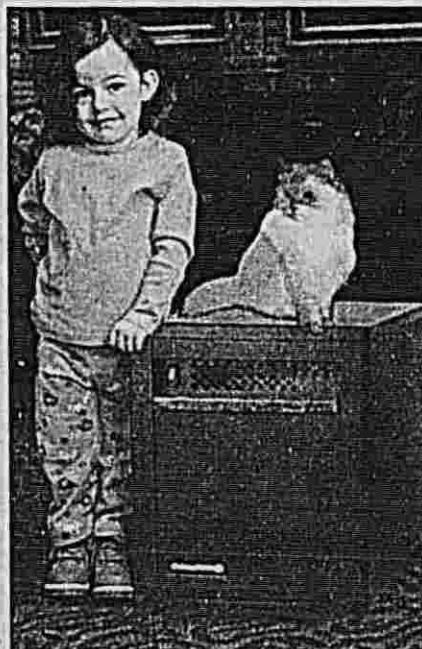
Q. How can a person cut their heating bill by up to 50% with the EdenPURE®?

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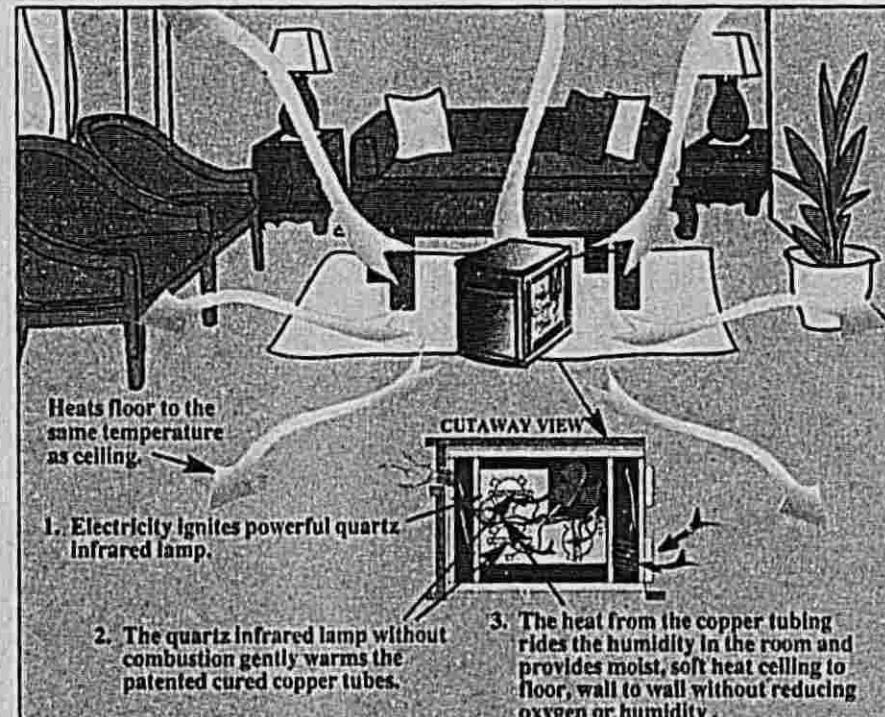
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Spanning 1,700 feet, the steel structure is the Western Hemisphere's longest arch bridge.

(Continued from page 6)

to walk along the new landmark, built between 1973 and 1977 at a cost of \$37 million. "It's an engineering marvel," Maddy says. "People watched the building of the bridge for years."

Prior to its completion, local motorists had to travel 40 minutes along winding mountain roads to cross a small bridge over the New River. "This area was fairly remote," Perkowski says. "So when they built the bridge, it opened up the state in general. We started to have more recreation-based industry . . . because there was access."

Maddy believes there's a real sense of local pride when it comes to the bridge. That's part of the reason, he says, that 40 to 50 Fayette County residents volunteer to make Bridge Day a reality.

"The epitome of this event is that this is a community collaborative," he says. "Everybody in the community comes together. It's all done with volunteers. We're very proud of where we are. It's a magnificent river, a spectacular bridge, and Bridge Day itself is the largest single-day event in the state. There's a lot here to be proud of." ➤

Bridge Day is scheduled Oct. 21.
Visit www.officialbridgeday.com
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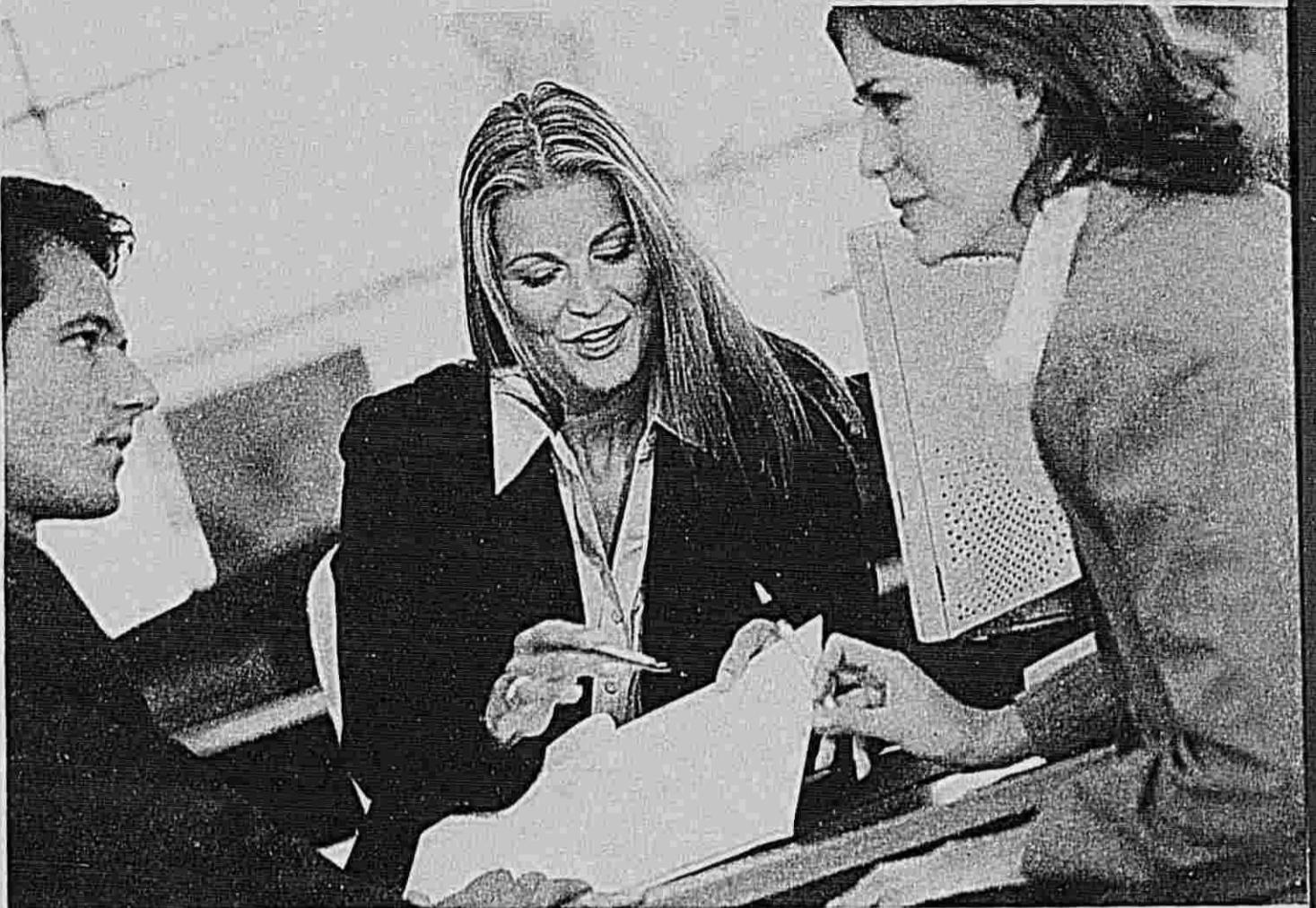
by JOHN NARDINI

Saving on Insurance

Insurance is a funny concept. You pay for something you hope you'll never use to replace things you already have. In some instances such as for automobiles, most states require that drivers have insurance. But these days you can buy insurance for everything from your home computer to vacations. The key is to know what to insure and how much to spend. Here are tips to help you navigate the insurance maze:

Question yourself. Before buying, ask yourself these questions: Am I insuring this out of fear or necessity? What is the replacement value? Is the cost of insurance greater than the value? Your answers will bring you back to the purpose of insurance, which is to pay for something you cannot afford to replace otherwise, and keep you from paying for anything else.

Shop around. Review information offered by your state's insurance division, then call around to



several companies for their rates. Each time you get a premium notice, contact at least two other insurance companies to ask for competitive quotes.

Get discounts. Ask your insurance agent about discounts. Most policies give discounts for safety features such as anti-lock brakes and air

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Hometown Recipes

from
GWENDOLYN MCNEILL

Gwen's Chuck Roast

"When I want to gather a crowd of family and friends, I cook this chuck roast in wine sauce along with rice, steamed cabbage, candied yams and cornbread." ➤

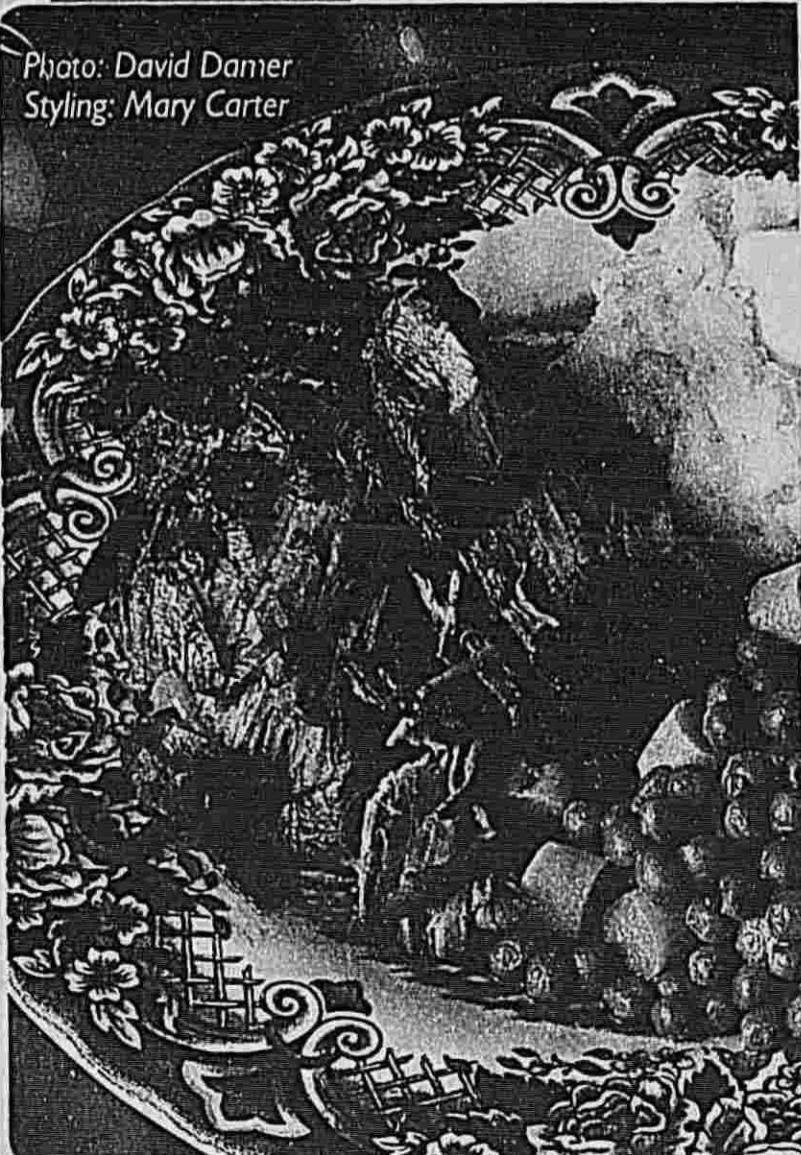
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RECIPE: Gwen's Chuck Roast

Photo: David Damer
Styling: Mary Carter

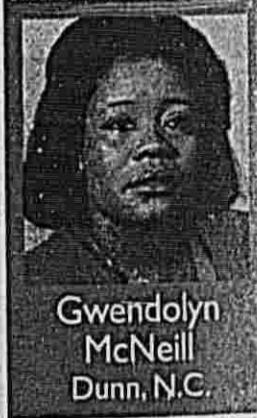


Gwen's Chuck Roast

3 pounds chuck roast
2½ cups red wine, divided
6 medium onions, sliced, divided
1 cup soy sauce, divided
1 cup Worcestershire sauce, divided
9 bay leaves, divided
1 large bell pepper, chopped, divided
1 teaspoon black pepper
½ teaspoon crushed basil leaves

In a large glass bowl, marinate roast for 1 hour in 1 cup of wine, turning once. Drain marinade, and place roast in a heavy, deep skillet, large enough for it to lay flat. Fill skillet with enough water to almost cover meat. Add half the onions, 1 cup of wine, 1/2 cup of soy sauce, 1/2 cup of Worcestershire sauce, 4 bay leaves, and half the bell pepper. Cook 40 minutes over medium heat. Turn meat, and cook an additional 20 minutes. When liquid gets low, add up to 2 cups of additional water. Add remaining wine, onions, soy sauce, Worcestershire sauce, bay leaves and bell pepper along with black pepper and basil leaves. Cook about 1 and 1/2 hours longer or until meat is tender. Check to make sure liquid is always several inches deep to ensure there is enough gravy for the meat and for a side dish of rice. Serves 6 to 8.

AmericanProfile



Gwendolyn
McNeill
Dunn, N.C.

Raise deductibles. A higher deductible leads to a lower premium. Keep in mind that the purpose of insurance is to make sure you have coverage for a disaster. A fender bender to your car or a broken gutter on your home can be paid out of pocket.

Reduce claims. Make a claim only when the cost/damage is substantial. Minor repairs should come out of your emergency fund. Insurers are notorious for increasing premiums for people who cash in on low-cost claims.

Don't over-insure. Drop collision or comprehensive coverage on older cars. Determine how much your car is worth using the Kelly Blue Book. If it's less than \$1,000, you may end up paying more for the extra coverage than you could collect on a claim. For life insurance, only insure for the amount needed to replace the income of the one being insured.

Avoid insurance coupled with investments. Several life insurance products mingle insurance with investments (that develop a cash value). Usually, these are expensive insurance policies and not strong investment performers. It's better to buy term life insurance and invest your extra money elsewhere.

Don't forget disability insurance. Statistically, you are more likely to become disabled than to die during your working years. Yet many Americans only consider life insurance. Be sure you have a solid disability policy in place, especially for the primary breadwinner in your household.

Buy smart. Purchase a car with a good repair record and low theft rate. Insurance generally will be less expensive. Also buy reliable brands of electronics and appliances and forego the extra insurance at the register.

Check the price. After you receive the insurance policy you purchased, double-check to ensure you're getting the price you were quoted.

Combine policies. If you own a home, consider a combined premium option, in which the same company insures both your home and your car. You typically can reduce your premium costs by 10 percent.

Pay annually. Pay your premiums once a year rather than quarterly. That way you pay fewer "service fees." 

John Nardini is a frequent contributor to American Profile.

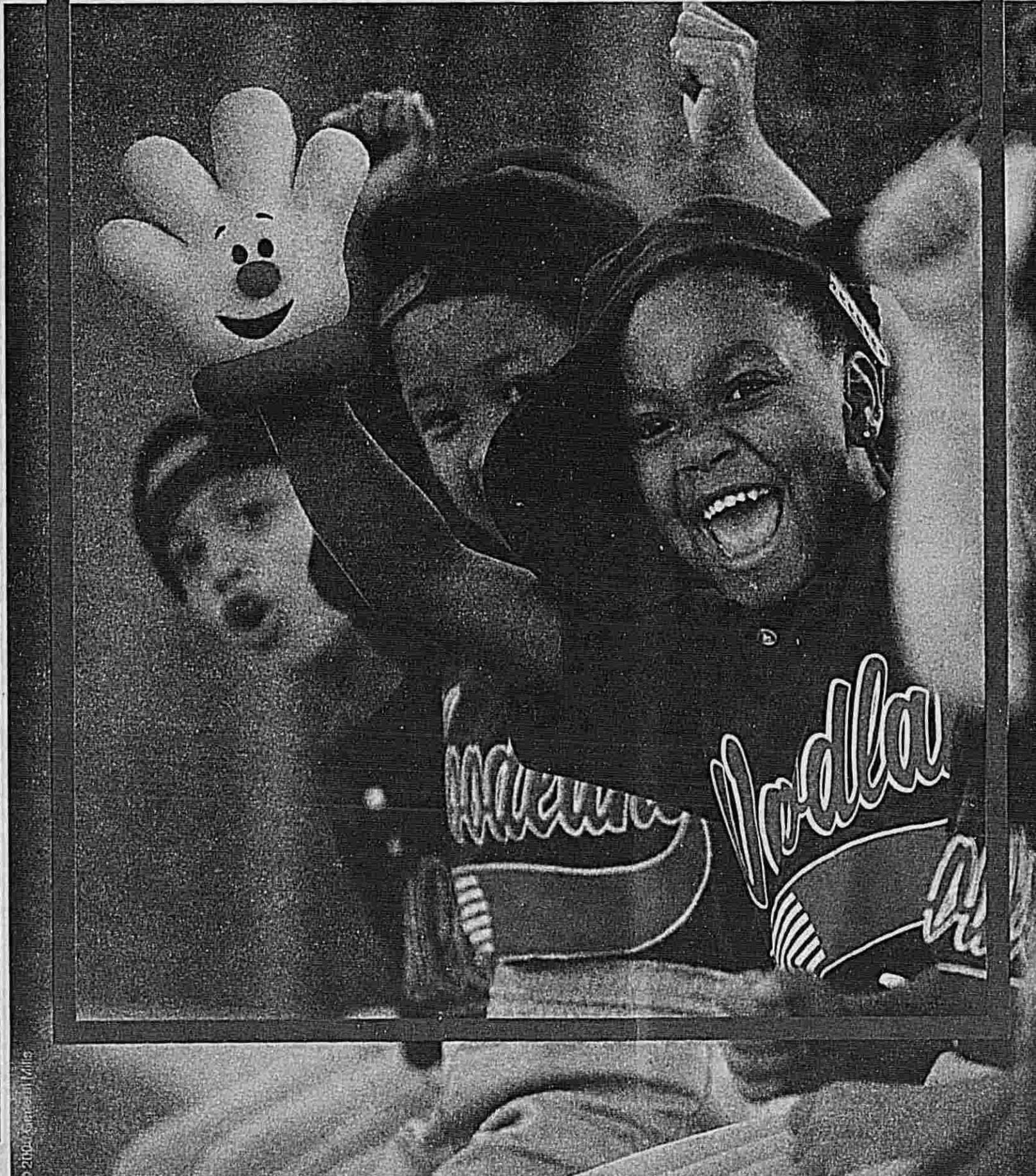
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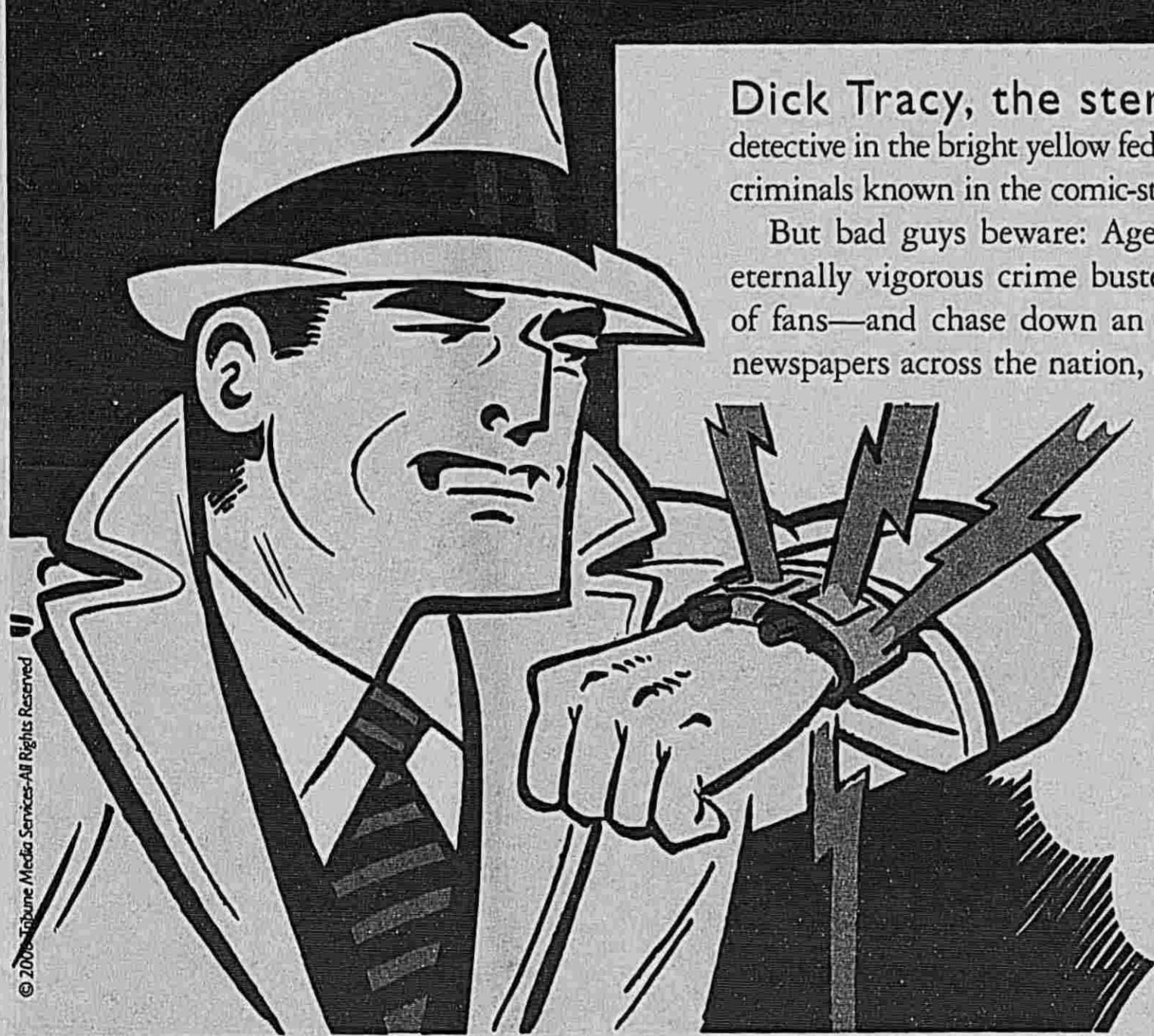
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Happy Birthday, DICK TRACY

AMERICA'S MOST DURABLE CARTOON
CRIME FIGHTER MARKS A MILESTONE



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Dick Tracy, the stern, upright, big-city police detective in the bright yellow fedora who snagged some of the most sinister criminals known in the comic-strip world, turns 75 years old this week.

But bad guys beware: Age hasn't slowed him down. In fact, the eternally vigorous crime buster continues to thrill a new generation of fans—and chase down an ever-growing gaggle of crooks—in 52 newspapers across the nation, as well as many others overseas.

Tracy first appeared during a time when gangsters' violent shootouts made real-life headlines and big-city police departments became tarnished by corruption. "Al Capone in Chicago owned the entire police department," says *New York Daily News* editor Jay Maeder, who's also a Dick Tracy historian. "Tracy was the guy who couldn't be bought. He was incorruptible. All through the 1930s, he was a huge hero."

Created by the late cartoonist Chester Gould, *Dick Tracy* debuted in 1931 in the *Detroit Mirror* and was carried by more than 700 other papers within five years. Readers fell in love with this tough, tenacious character who became a police officer at age 34 after witnessing armed robbers murder the father of his beloved fiancée, Tess Truehart, who then patiently waited 18 years for a wedding while Tracy pursued his passion for crime-fighting. After all, there could be no

By BEVERLY KEEF
Contributing Editor



Jean Gould O'Connell is the daughter of Dick Tracy's creator, the late Chester Gould. Photo: Eric Lafforgue

true happily-ever-after as long as demons such as Pruneface, a disfigured Nazi agent, and Mumbles, a mush-mouthed con man, roamed the streets.

A MULTI-MEDIA STAR

Tracy's popularity grew during the next decade, when he emerged as a mainstay in radio and film as well, both in his own shows and as a reference in others. "On the radio, Jack Benny and all of these programs would always insert, 'Who do you think you are—Dick Tracy?'" recalls Gould's daughter, Jean Gould O'Connell, 79, of Geneva, Ill., who is completing a book about her father for release early next year. "Dick Tracy came up all the time."

(Continued on page 14)

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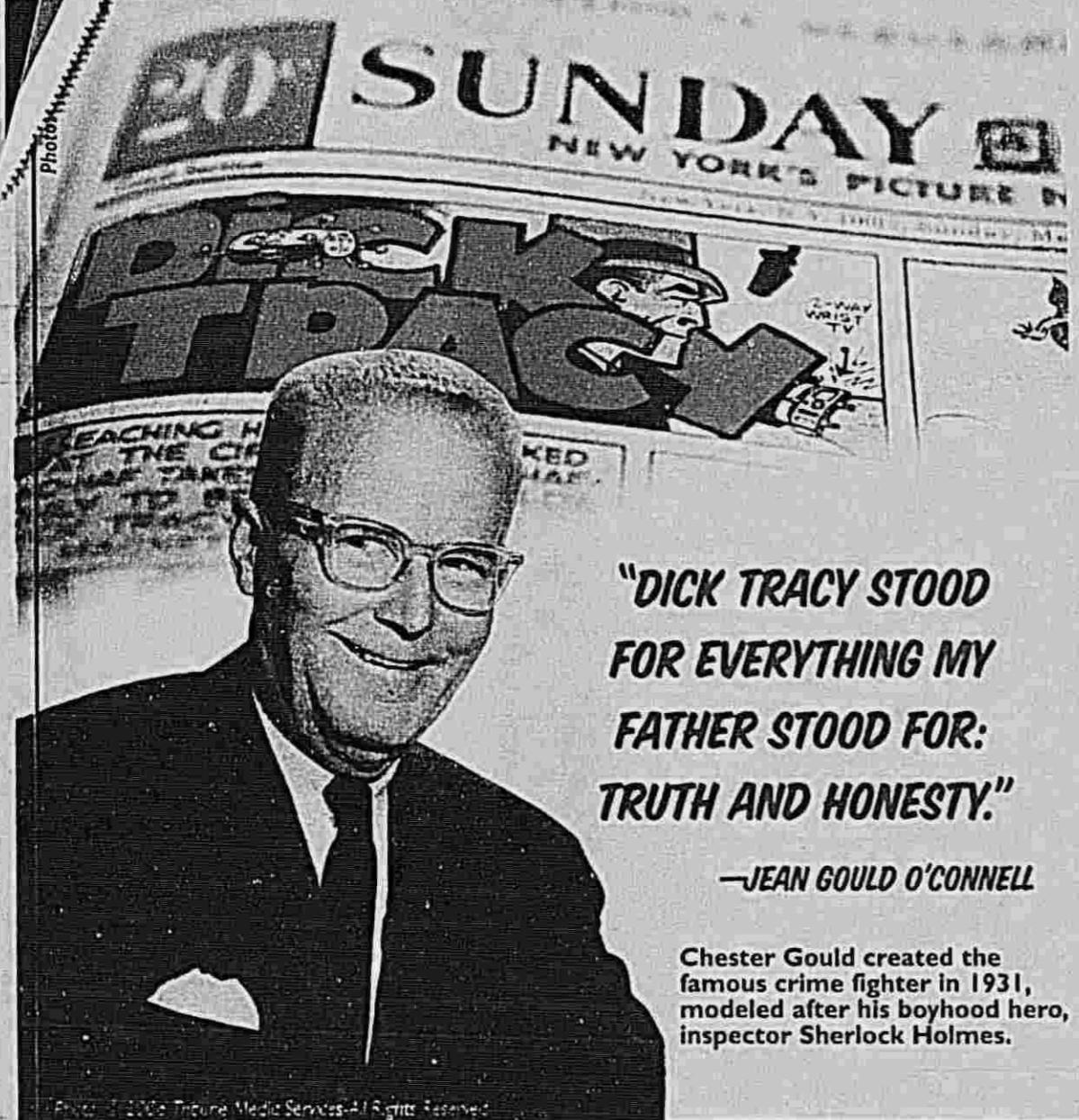
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Continued from page 13)



"DICK TRACY STOOD FOR EVERYTHING MY FATHER STOOD FOR: TRUTH AND HONESTY."

—JEAN GOULD O'CONNELL

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Chester Gould created the famous crime fighter in 1931, modeled after his boyhood hero, inspector Sherlock Holmes.

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"Flattop" was one of many colorful villains who crossed Dick Tracy's path.

Tracy appeared on television in the early 1960s in *The Adventures of Dick Tracy*, an animated series featuring the voices of Everett Sloan, Paul Frees and Mel Blanc. He was depicted on the silver screen in 1990, when Warren Beatty portrayed him in a movie.

"The original Tracy was an earnest caricature of American manhood facing hard times and legions of bad guys," says Robert Storr, dean of the Yale University School of Art. "For some, he still is."

In some ways, the world that Tracy patrols today is much different than the one featured in the Depression-inspired panels that launched the detective into legend. Corporate crimes and international espionage influence today's *Dick Tracy* artist and writer, Dick Locher, the Pulitzer Prize-winning cartoonist who took over the strip after Gould retired in 1977. Locher collaborated on *Dick Tracy* initially with journalist and crime novelist Mike Killian, who died in 2005.

Locher, 77, who lives in Naperville, Ill., says his goal is to create a story that people want to read—and return to—each day. "I like something you don't give away right away," he says. "We pick a theme. It might even have a chase, it might have romance or spying, phone taps, theft or endangerment, like Tracy hanging from the top



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"I THINK HIS HARD-NOSED CONVICTION ... RESONATED WITH THE PUBLIC IN THE ERA OF AL CAPONE, AND STILL RESONATES IN THE ERA OF AL QAEDA."

STEVE TIPPIE,
TRIBUNE MEDIA SERVICES

of the Sears Tower, things like that that would keep your interest."

The topic for Tracy's Oct. 4 birthday was easy: "We have a whole panel just saying 'Happy Birthday,'" Locher says. Also in honor of the anniversary, Classic Media is releasing a collector's edition DVD set that includes episodes from the 1960s animated series.

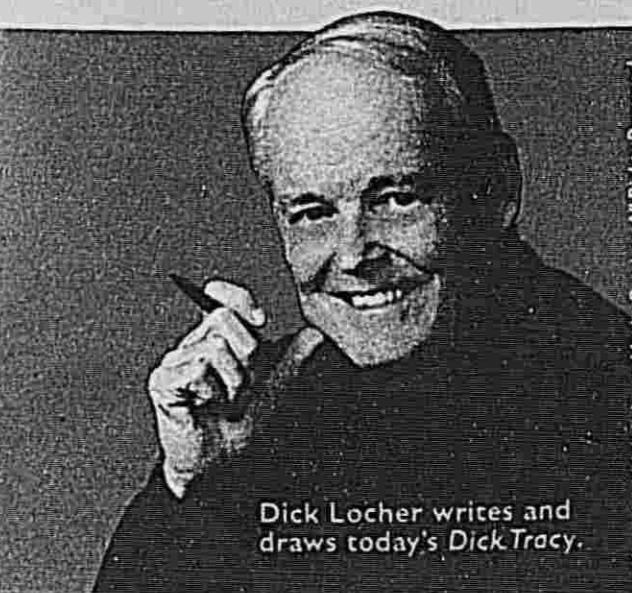
TIMELESS VALUES

"Dick Tracy remains appealing to today's population because he represents the timeless values of justice, law and order, and honesty, but not in a way that is too good to be believable," says Steve Tippie of Chicago's Tribune Media Services, which syndicates the *Dick Tracy* strip. "I think his hard-nosed conviction—that it is the forces of the law that stand between the public and the criminals who threaten them—resonated with the public in the era of Al Capone, and still resonates in the era of Al Qaeda."

From 1920 until 1931, cartoonist Gould couldn't sell any of his 60 ideas for a humorous comic strip. One evening after dinner at home in Woodstock, Ill., as he was reading the newspaper, the headline "Another Gangster Killing" shifted his thoughts to a serious strip. Crime was rampant in Chicago. If police couldn't catch the crooks, Gould would create a character that could. Dick Tracy—originally called Plainclothes Tracy—was born, modeled after Gould's childhood hero, Sherlock Holmes.

"He asked himself, 'What would a Sherlock Holmes look like in present day?' Well, he wouldn't wear a deerstalker hat; he would

(Continued on page 16)



Dick Locher writes and draws today's *Dick Tracy*.

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Warren Beatty played Dick Tracy on screen in 1990.

wear a fedora and trench coat," O'Connell says. "He gave him a sharp nose for 'tracing' clues—that is where the name Tracy came from. He gave him a strong chin for strength. Dick Tracy stood for everything my father stood for: truth and honesty. And the fact that crime does not pay was the major reason for Dick Tracy."

Perhaps Gould, who died in 1985, also looked in the mirror for inspiration. "My dad *was* Dick Tracy," O'Connell says. "He could be so gentle and loving, and he could be so strong; not like Hercules, but strong when he needed to use strength. He had everything a human being needed."

HIGH-TECH TRACY

Tracy is indeed human—not a superhero, like other comic book crime-fighters such as Superman—so he always had to rely on his smarts and persistence to catch the crooks. "He also used the latest police procedures and technology to battle crime," says Jim Johnson, director of the Chester Gould-Dick Tracy Museum in Woodstock, Ill. "Chester Gould consulted and even had staff assistance of police officers to make sure everything Tracy did was in accordance with appropriate police procedures and technology."

Gould kept Tracy on the cutting edge of technology, introducing futuristic devices in his strip that later became reality. Tracy introduced his crook-finding "electronic telephone number pickup" in 1954; the rest of us didn't get Caller ID until years after its 1982 patent. Tracy went to the moon

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Photo: Ben Jenkins

in 1962, seven years before the first Apollo moon landing, and his ever useful "two-way wrist radio" preceded such later innovations as cellular phones and pocket-size computers.

But gadget-savvy Gould was first and foremost a storyteller who mastered the art of continuity, an idea that was new to comic strips at the time. Readers couldn't wait to get the next day's edition to see how Tracy was going to escape his latest predicament, whether he had been shot, stabbed or frozen, or what evil deeds those despicable crooks were going to do next.

"Gould made the villains intentionally grotesque because he didn't feel that crime or criminals were beautiful, with a few exceptions, like Breathless Mahoney," Johnson says. "But generally they were characters like The Brow or Pruneface or Flattop. They were ugly as crime is ugly."

Locher is committed to maintaining Gould's integrity in today's strip, so while Tracy's crime-fighting technology has evolved, it still is driven by vivid characters and the philosophy that crime doesn't pay, whether it's in corporate high-rises or seedy back alleys.

"Chester Gould said if we don't obey laws, we are in big trouble, and I wholeheartedly agree," Locher says. "The laws are there for a reason, and that's the backbone of Dick Tracy."

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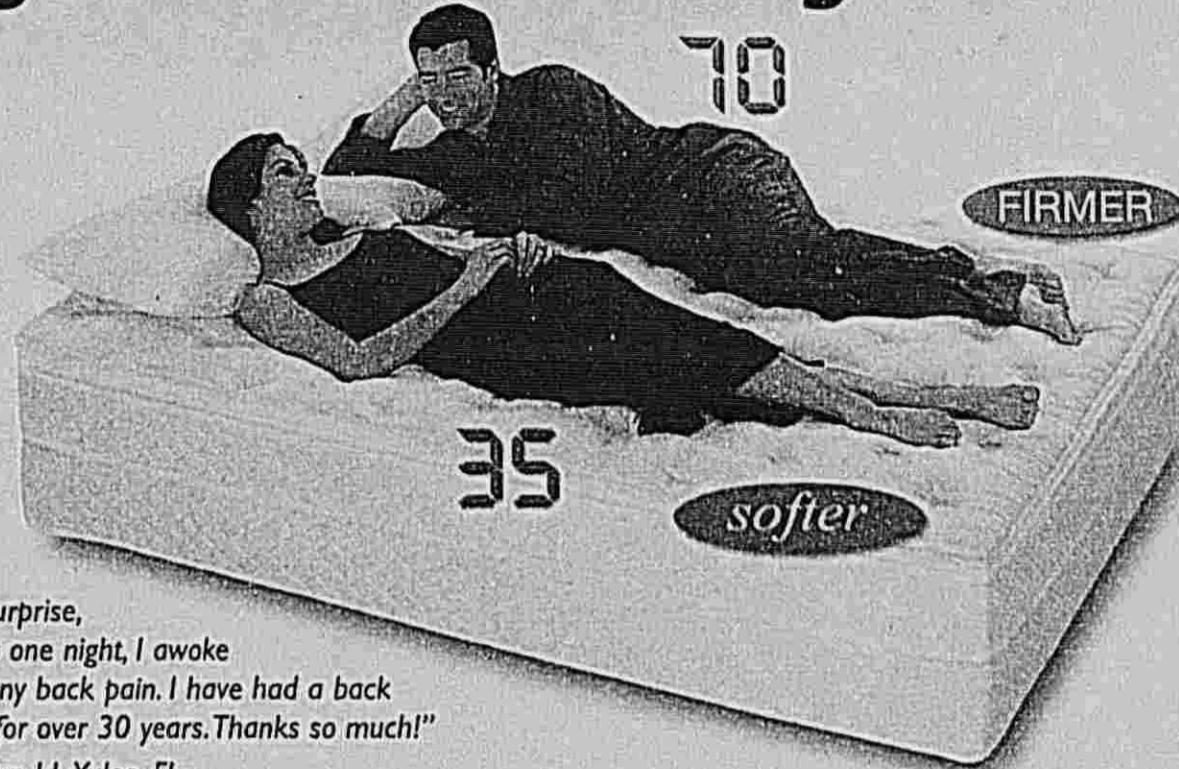
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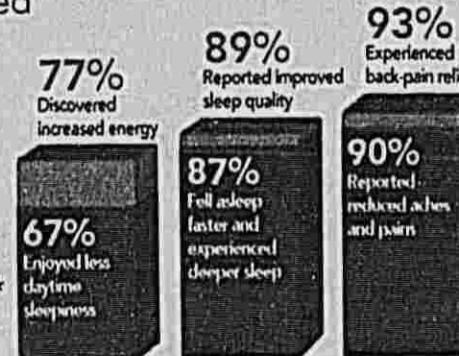
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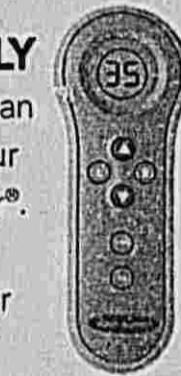


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INDIANA

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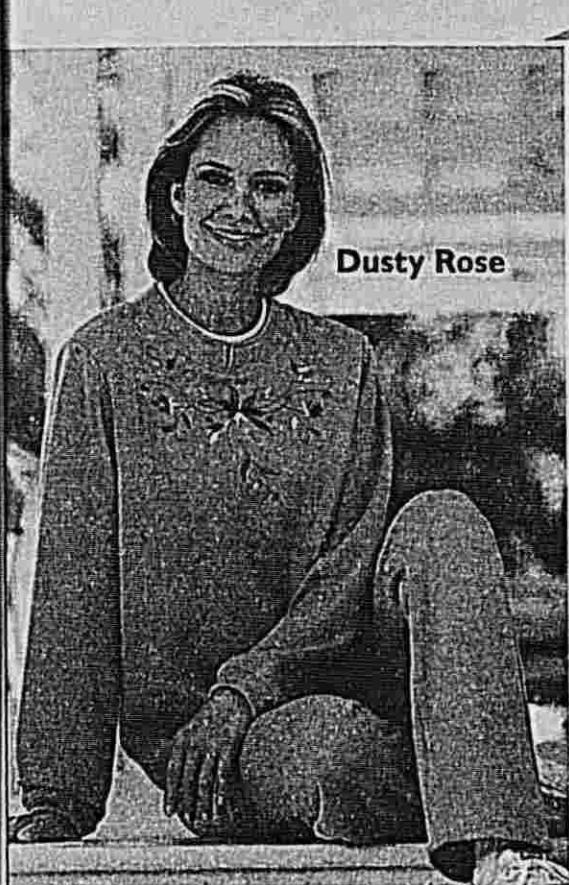
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Health

by MARI S. GOLD

Heading Off a Headache

Judy Brown started having headaches as a teenager, and her throbbing migraines worsened under the pressures of college and, later, a demanding sales training job that required frequent travel.

"Whenever a headache hit—and they did frequently—I was wrecked," says Brown, now 47, of Nashua, N.H. "I'd be popping pills and holding cold packs to my temples." Often, the relentless pain forced her to bed.

Finally, in 1986, Brown found relief through a headache clinic, where her doctor weaned her from most medications and suggested she reduce her caffeine intake to one cup of coffee a day. Brown also began to identify her headache "triggers" and learned that the best way to live headache-free is to avoid what causes them in the first place.

All headaches are not alike, but many can be derailed by following simple steps such as:

- Maintaining a regular sleep pattern by going to sleep and getting up at the same time each day.
- Exercising, including aerobic exercise three times a week.
- Not skipping meals, especially breakfast.
- Drinking plenty of water.
- Taking short breaks during work.

It's important for chronic headache sufferers to identify what causes their pain. Brown's headache triggers include strong aromas such as perfumes and certain foods, including aged cheese, chocolate and processed meats that contain sodium nitrates, so she avoids them.

Other headache triggers can include stress, weather, hormonal changes, glaring light, eyestrain or motion. To help you identify what factors are contributing to your pain, the National Headache Foundation suggests keeping a headache diary or journal. This lets you document personal and family headache history and track patterns of eating, alcohol intake and activities that generally precede a headache. Such records can help you or your doctor isolate the problem.

For Brown, the self-examination and subsequent changes in her lifestyle have paid off. "Compared to when I had incapacitating headaches almost daily, now I'm pain free 95 percent of the time," she says.

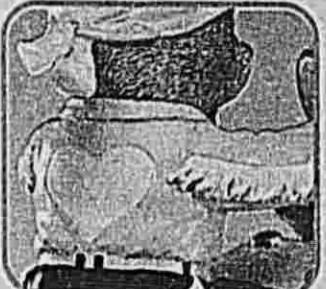
Mari S. Gold is a freelance writer in New York.

Visit www.headaches.org for more information.

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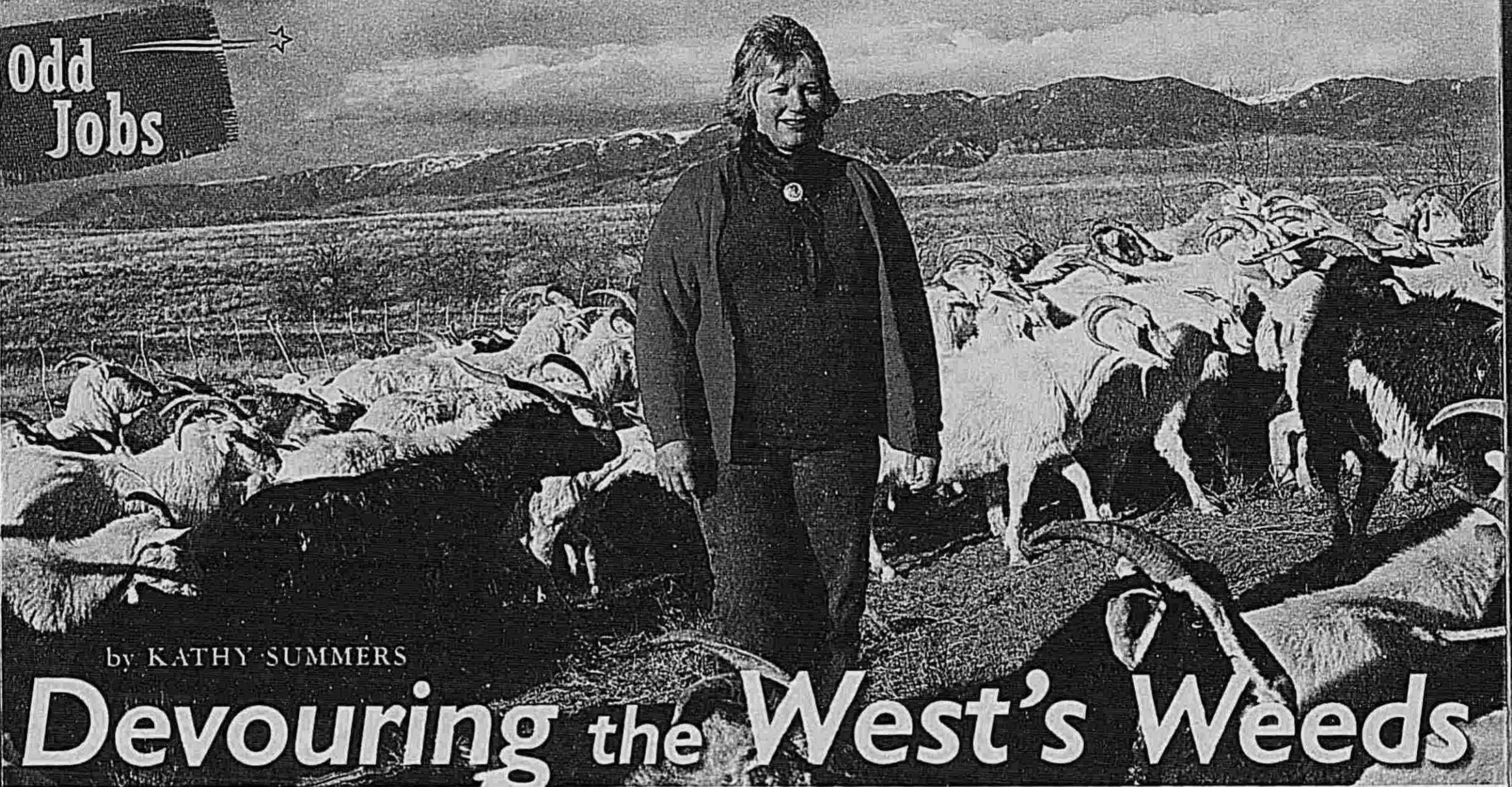
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Odd Jobs



by KATHY SUMMERS

Devouring the West's Weeds

Lani Malmberg wanders the meadows, hillsides and waterways of the West, hooked staff in hand, pitting 1,500 cashmere goats against pockets of unwanted weeds that infest the landscape.

A full-time traveling goat herder with a master's degree in weed science, she works out of a travel camper where she also sleeps. But Malmberg, 49, lives largely outdoors under open skies, herding goats from one patch of wild weeds to another with the help of five canine companions.

"Bring 'em back, Bru," Malmberg calls to her lead herding dog. The Border collie jumps out of the bushes, looks around, then dashes to nip two straggling goats back toward the herd. Task completed, Malmberg coos, "That'll do Bru," then finally barks, "Down!" to get the hard-working dog to stop and rest.

Employees help set portable electric fences at each new job site before unloading the goats from two large four-deck semi-trailers

that transport the animals. Malmberg's day allows a lot of free time between chores that include watering the goats and then guiding them to new grazing plots. Occasionally a wound needs tending or an orphaned kid needs bottle-feeding.

Malmberg's company, Ewe4ic Ecological Services, has a list of repeat clients, from municipal governments to private landowners to homeowners associations. She tends the goats year-round, staying at each location from a few weeks to several months. A hundred goats can graze about an acre a day and Malmberg's fees start at about a dollar a day for each goat.

The cost of each job depends on the nature and location of the weeds, a subject Malmberg knows well. In fact, she says she's kind of a weed herself, living off other people's land in any of 10 Western states from Kansas to California. Unlike a weed though, Malmberg and her herd of grazing goats leave the land better than they found it.

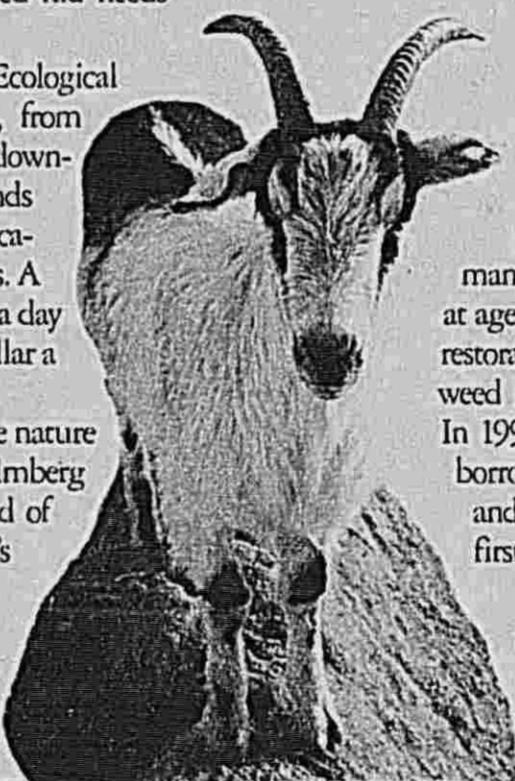
Malmberg believes weeds are a symptom of an ecological imbalance, and her goats help restore the land to a natural state. "My higher education mostly qualifies me to hawk chemicals," Malmberg says, "but I want people to know they have better options."

Originally from Nebraska and then Wyoming, Malmberg left the family ranch in the late 1980s when poor economic conditions crippled many small ranches. She returned to school at age 33, earning degrees in environmental restoration, biology/botany, and eventually weed science at Colorado State University. In 1998, she launched her unique business, borrowing money against her pickup truck and her sons' college savings to buy her first 100 goats.

Word of Malmberg's weed-eating goats spread like, well, weeds. It turns out her service is sorely needed to keep weeds from taking over large tracts of land, especially in places



One of Malmberg's canine companions



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Lani Malmberg's goats work a tract of land near Bridger, Mont.



Photos: David Grubbs

with rugged rock crevices and steep, craggy hillsides, and in areas close to water where city laws and public concern prevent the use of chemical weed control.

Her business is full service. Before setting her goats to graze, Malmberg seeds the land with native grasses. While the goats munch the weeds and fertilize the seeds, they mulch and aerate the soil with their tiny hooves. Malmberg says weeds are the goats' gourmet food of choice and they seem to know which plants belong there and which ones don't.

"The weeds are smarter than the native plants, the goats are smarter than the weeds, and the only things smarter than the goats are the Border collies," Malmberg says.

Robert A. Lee, a zoologist and director of environmental management for the city of Cheyenne, Wyo., and a regular client of Malmberg's business, credits the goats with reducing Cheyenne's overall weed infestation by more than 50 percent, without using a drop of herbicide. "The goats are great," Lee says, "but Lani Malmberg's weed science expertise is what sold us. She didn't just fall off the turnip truck."

Kathy Simmers is a freelance writer living in Cave Creek, Ariz.

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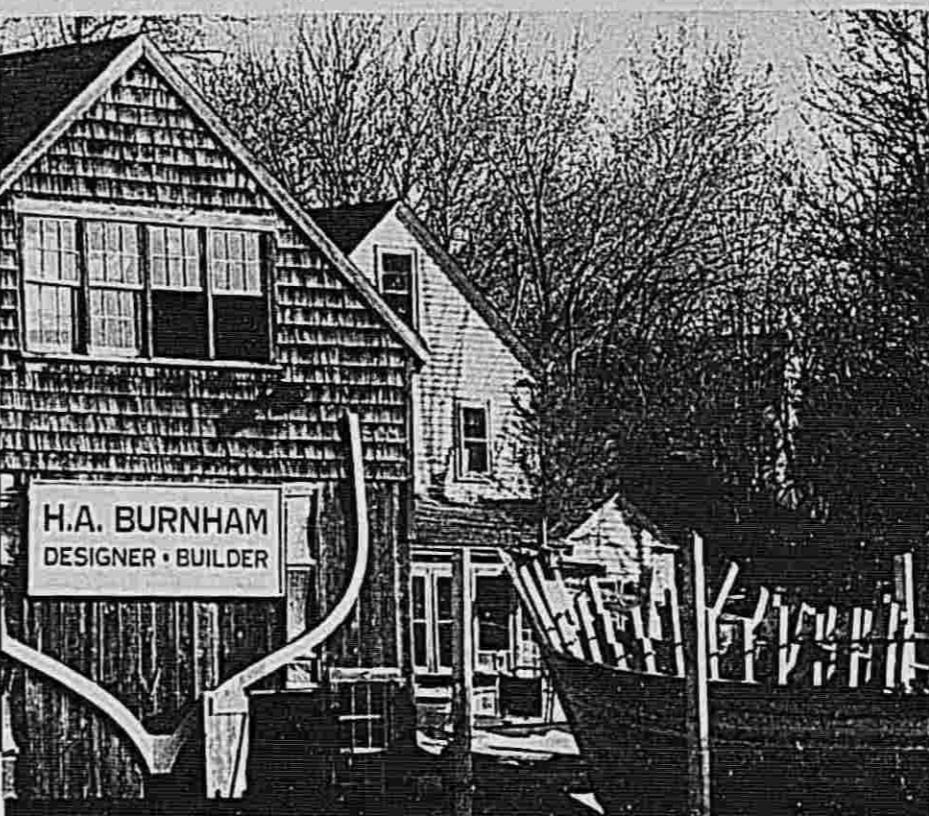
Made in
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Shipwright by Birthright

by WARREN D. JORGENSEN

When Harold Burnham, 39, lays the keel for a hand-crafted wooden boat in his boatyard in Essex, Mass. (pop. 3,267), he's carrying on a family tradition dating to 1819. He opened the business in 1995 on land where ancestor Oliver Burnham operated a boatyard five generations ago, until it closed during World War II. In fact, Harold is the 28th Burnham to make a career in the shipwright trade, operating the only full-time boatyard in Essex today.

Harold was born into a culture of sailing and boat building, where the craft is absorbed rather than learned.



Burnhams have operated a shipyard in Essex, Mass., dating back to 1819.



Photos: John Rich

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"Essex set the standard for American fishing boat construction during the 18th and 19th centuries," he says. At one time in the 19th century, one of every seven sailing boats in America was built in Essex. The Burnhams are very much a part of that legacy, being among the seven original families that settled the town in 1635.

Harold got his first taste of the trade watching his father, Charles, 71, a physicist and part-time boat builder. Neighbor and mentor Brad Story, a retired full-time boat builder, showed him how he could make a living at it.

Charles can remember his son's first boat building experience. "He had to build a sailboat from walnut as part of a class project in the first grade, and Harold's sunk," Charles says. "We are extremely proud of him now. There aren't too many who would take on the shipwright's trade, but Harold is doing it, and doing it well."

When Harold was 10, he began building dories, or row-boats, with his brother Theodore and sister Deborah under their father's watchful eye, selling each to build the next. While in high school, Harold restored and built small sailboats, known as Beetle Cats, to support his love of sailing. Building and sailing formed a symbiotic relationship in his young life.

A degree in maritime transportation from the Massachusetts Maritime Academy in Bourne (pop. 18,721) was followed by five years at sea as a merchant marine. He returned home in 1994 to marry his wife, Kim, and open his boatyard. "A man who does what he loves never works a day in his life," he says.

Harold's dream always has been to build replicas of traditional New England fishing vessels like those his ancestors built. In their original form, those schooners and sloops were workboats, pickup trucks of the sea, built because they were necessities, not luxuries.

During a boat's construction, he uses everything from the traditional hand-held adze—an axe-like tool used for more than a thousand years to shape and dress lumber—to modern power tools. "I build boats from what I know," he says. "It's largely an eyeball thing."

His first commission came when Tom Ellis, a contractor and antique store owner, decided to build a Gloucester schooner. Ellis recalls his 1996 meeting with Burnham, a then untried 29-year-old shipwright. "He held up a half model of what I had in mind and told me it stunk," Ellis says. "He came back three days later with a model of a real Gloucester schooner and said, 'This is what you want.' That's what he designed and built."

Work began on the ship in October 1996 and, with a crew of up to eight men, Harold worked seven days a week, sometimes 18

hours a day, weathering the brutal winter to create a floating masterpiece. Dubbed the *Thomas E. Lannon*, the twin-masted schooner entered the water in June 1997, measuring 90 feet long and weighing 51 tons. It was built completely by hand, using lumber cut from local trees, and by shaping and fitting every piece from the keel to the masts and spars. It has mahogany above the water line, white oak below, with a 9-foot draft under 1,700 square feet of sail. Attention to tradition and detail is evident in the more than 2,000 black locust trunnels, or dowels, holding it all together.

In 1998, Harold built a 32-foot-long sloop for the Essex Historical Society and Ship Building Museum where he serves on the board of directors. His latest achievement was the launching in August of the 38-foot, two-masted schooner *Isabella*.

"He's a genius," Ellis says, "and he is going to go down as one of the greatest boat-builders of all time." ↗

Warren D. Jorgensen is a freelance writer in Tarrytown, N.Y.

Burnham uses centuries-old techniques to craft *Isabella*, a 38-foot schooner launched in August.



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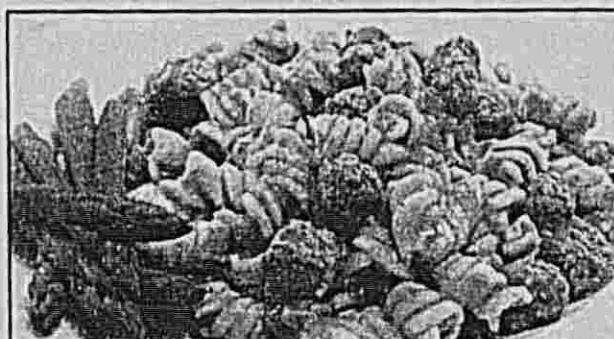
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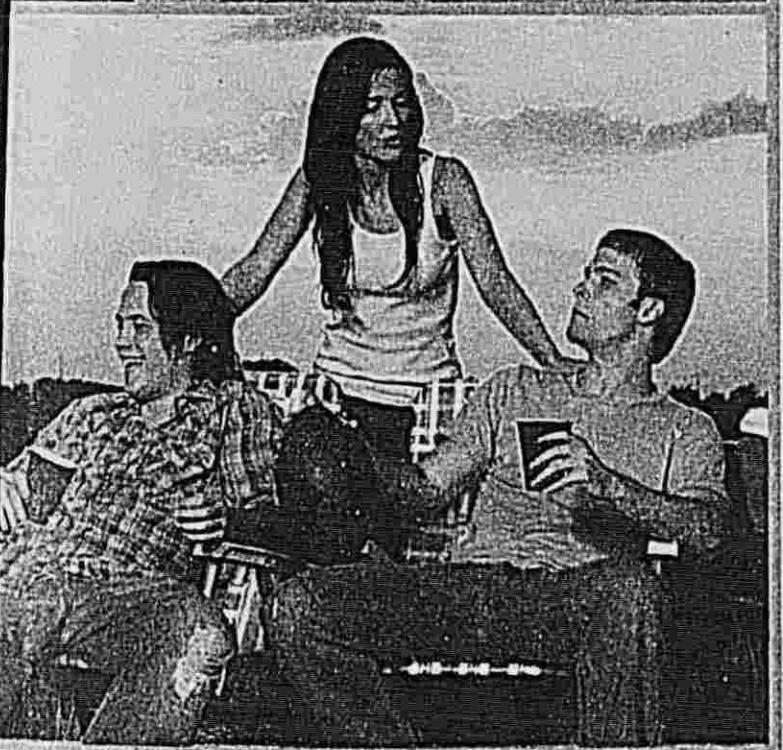
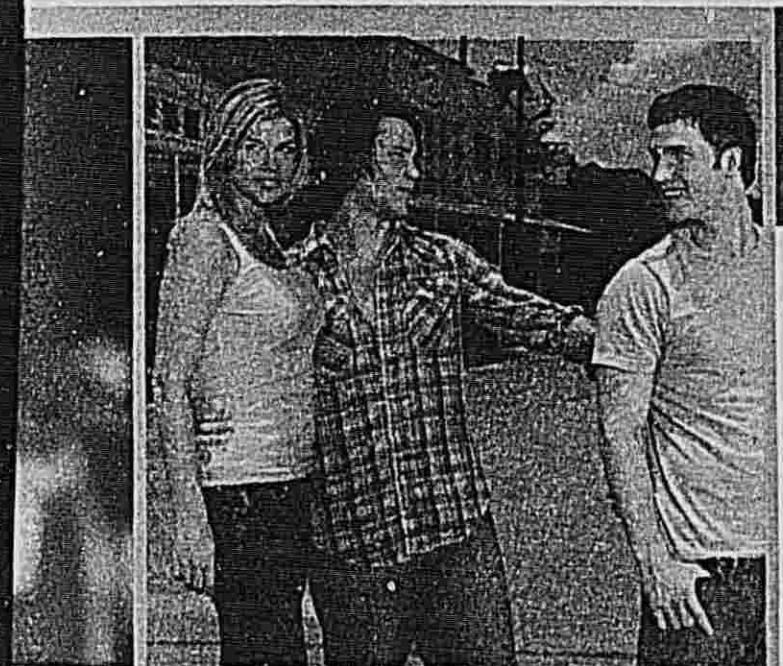
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On Friday nights, schoolboy football players carry their hopes, desires, and dreams onto every gridiron across Texas. Living and dying with each pass, run and tackle are the townspeople in those communities. The center of all this focus stands one man—staunch, determined, immutable: the coach. His influence reaches not only his players but also deep into the communities themselves, where high school football rules.

Bulletproof

Months after a bullet from the gun of a crazed parent nearly took the life of Canton High coach Gary Joe Kinne, his 16-year-old son, G.J., Canton High's quarterback, sat in the locker room during halftime of a game, wondering if his father's courageous fight was in vain. The wound from April 2005 had escalated into a serious infection; so serious that Coach Kinne was forced back into the hospital on the worst possible day: game day. "We were down 34–6 at halftime," G.J. says of that night's game. "I came out of the tunnel crying; I couldn't get into the game." During halftime Canton's assistant coaches gambled. Playing the emotional card, they called the hospital and put the weakened coach on speakerphone. "He said, 'Win this one for me,'" G.J. recalls. "We rallied 'round my dad, and we won the game." In fact the entire community of Canton rallied, showing their support of the popular coach and his son by regularly mowing the family's lawn and bringing food to the Kinne's residence. As Kinne recovered, the father-son tandem rode the wave of community support to guide Canton to its best-ever finish. Once given a 15-percent chance of surviving, Gary Joe went on to take a position at Baylor University, where G.J., a top recruit at quarterback, will follow. After nearly losing his father, G.J. can't get close enough. "It's still in the back of my mind," he notes. "That was one of the reasons I committed to Baylor. You never know how long you're going to have someone."

Coaching the Town of Frenship

"The thing about football in West Texas," says Brad Davis Frenship H.S. Football Coach "is that if you get your school off to a good start with success on the football field, everything else runs smoothly. The impact it has on the school—with the teachers, the administration, and everybody else—just makes the community come closer together, and everybody wants to be at the game on Friday night." This season marks the first time in 25 years that Bobby Davis (Brad's dad) isn't roaming the Frenship sidelines as head football coach. Brad has spent 20 years coaching at his dad's side. "He's one of the most respected head coaches in Texas high school football," Davis says of his retired dad. "It never crossed my mind that I would replace him someday. I'd be crazy to try to fill his shoes." Solidly embedded in the elder Davis' shoes are numerous awards venerating his illustrious coaching career, from the Tom Landry Award, given by the Texas High School Coaches Association, to the 2005 Wolfforth Community's Man of the Year award. Davis's effect registered far beyond meritorious honors. "When a high school football coach does what he did for this area, the impact is felt by everybody that's got anything to do with high school football in this part of Texas," says Brad Davis. "He's coached kids whose fathers he coached here in this community. They [former players] wanted their sons to be coached by Bobby Davis. They had so much respect for him that they wanted their sons to be a part of his program. That speaks volumes in itself: a respect for the program, for the man who headed up the program, and the football success that he was able to bring to both generations at Frenship."

FRIDAY NIGHT LIGHTS
PREMIERES OCTOBER 3 TUESDAYS 8/7c NBC

"I was big—now I'm not!"

"It's just an easy, breezy program!"

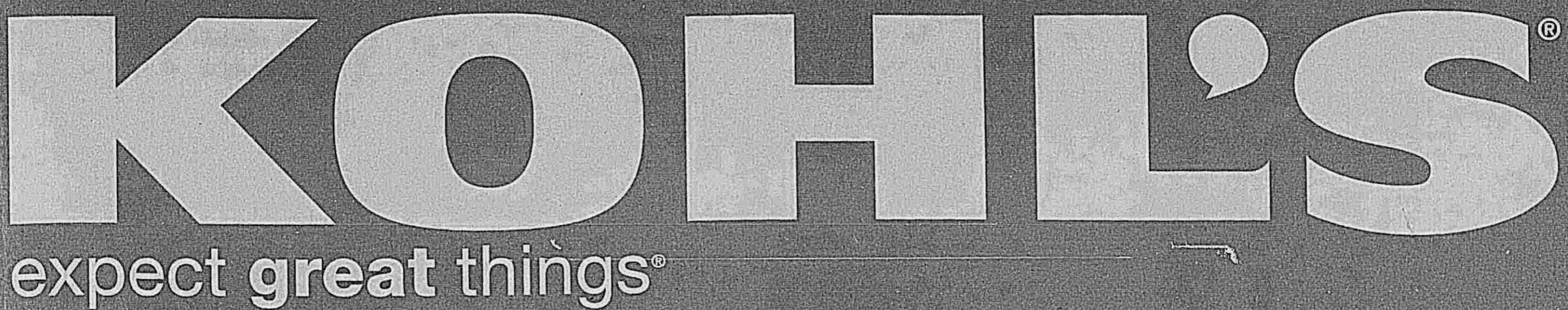
One morning Tammy couldn't get out of bed. Having ballooned to 260 lbs., she just didn't have the energy. It was then she realized she had to make a change or lose the most important fight of her life. "That day," the now perky girl from Kankakee, Illinois, bubbled, "I realized I wasn't living at all. I finally said enough is enough. I eventually lost 138 lbs. and got my life back, thanks to a no-brainer plan from NutriSystem®."

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EVERY DAY COUNTS. ONE NIGHT MATTERS.

O Q FRIDAY NIGHT LIGHTS

PREMIERES OCTOBER 3 TUESDAYS 8/7c  NBC



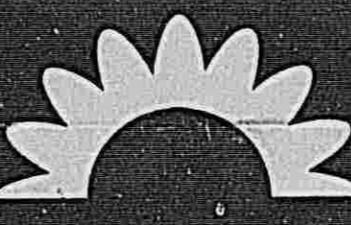
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2 days only
Friday & Saturday,
September 29 & 30

POWER HOURS

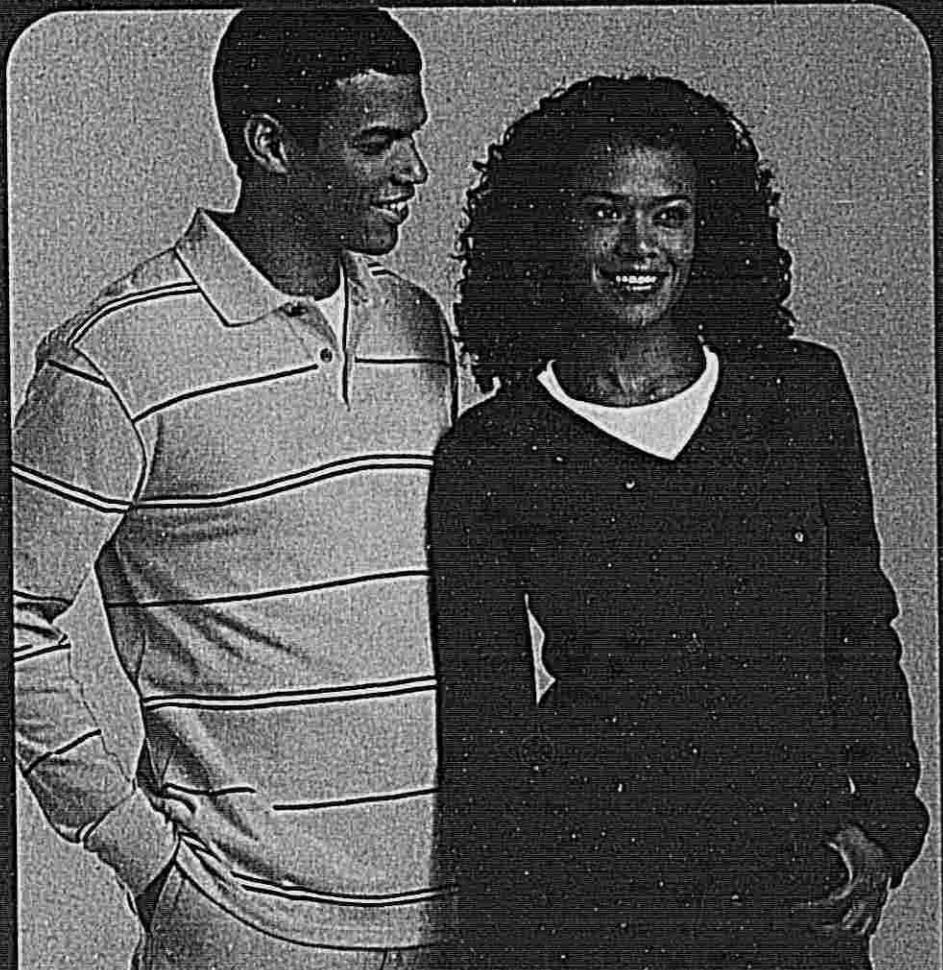


NIGHT OWLS
FRIDAY 3PM-11PM



EARLY BIRDS
SATURDAY 7AM-1PM

SPECIAL HOURS! BEST PRICES!

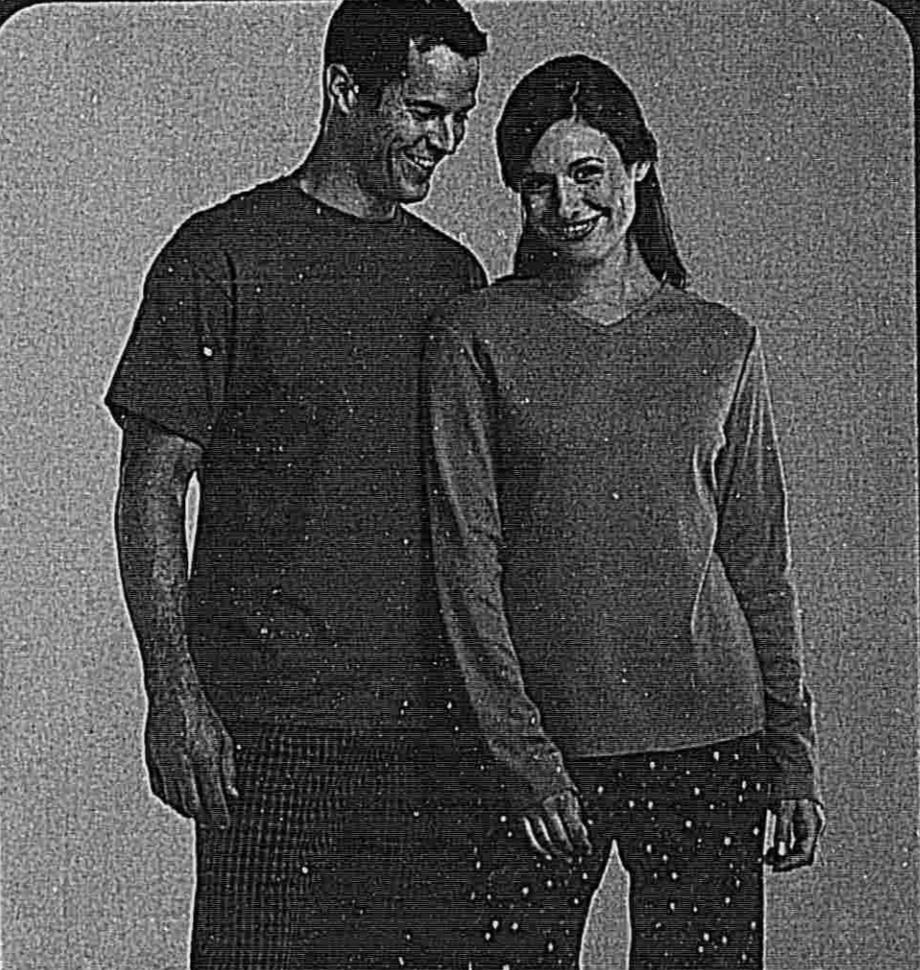


NIGHT OWLS

EARLY BIRDS

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Sonoma, SO... and Croft & Barrow®
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for men, misses, juniors, young men & kids.
orig. \$10-\$45, sale 5.00-22.50

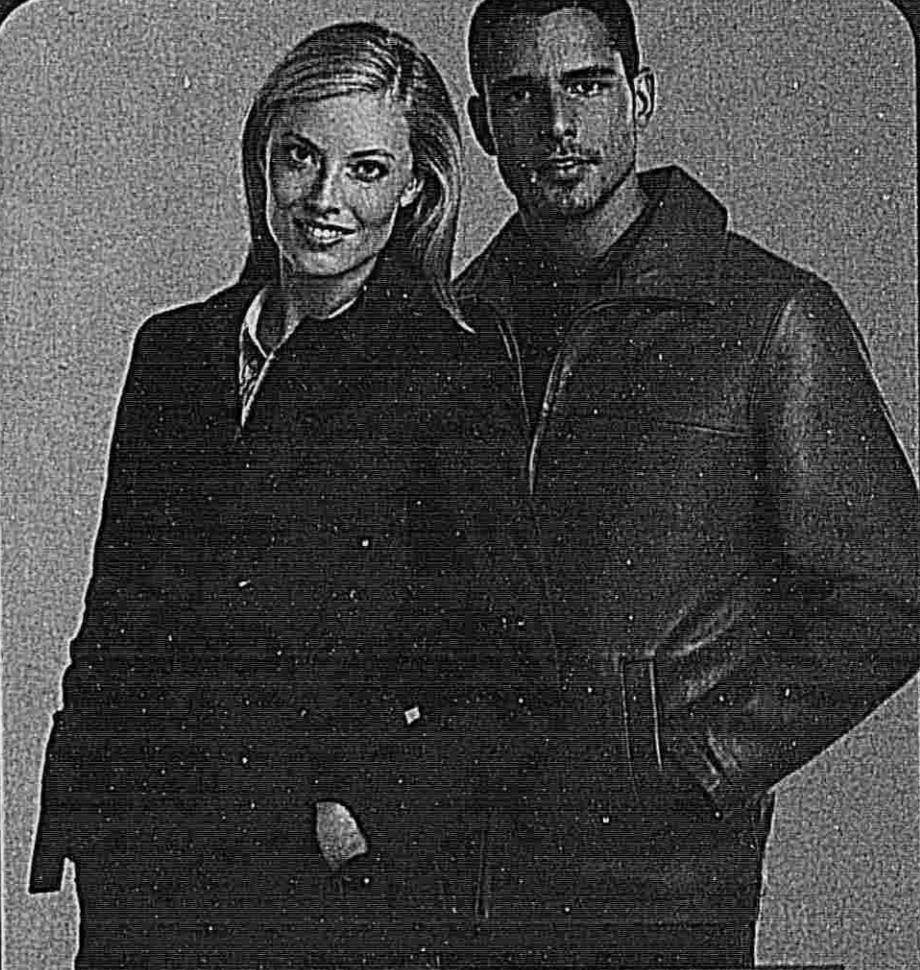


NIGHT OWLS

EARLY BIRDS

50-60% off

all sleepwear, loungewear and robes
for him and her from apt. 9™,
Croft & Barrow®, Sonoma and SO...
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SO...so real, so right. Selected items online P9281



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Misses, men, juniors, young men, kids and women.
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EARLY BIRDS

Entire Stock

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for boys 4-7,
girls 4-6X and
toddlers.
Playwear not
intended as
sleepwear.



NIGHT OWLS

EARLY BIRDS

Entire Stock

50% off

Boots
for the family.
orig. 34.99-104.99,
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Excludes Chaps,
Candle's®, and
Columbia
Sportswear
Company®.
Selected
items online:
SHOES

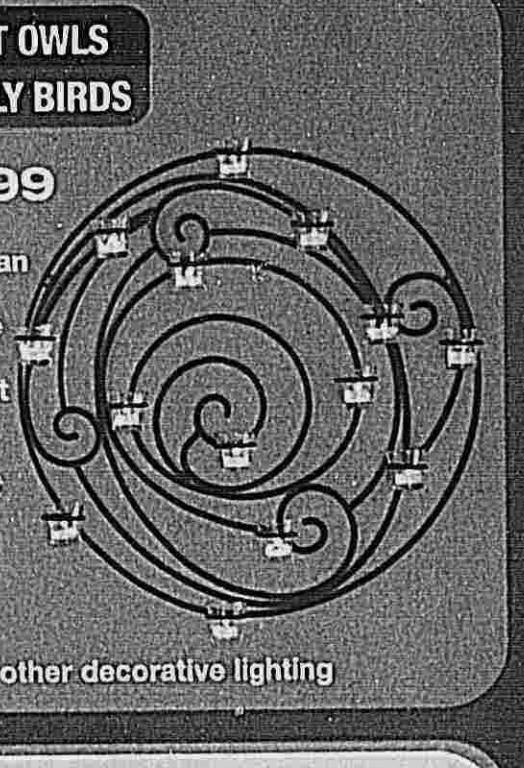
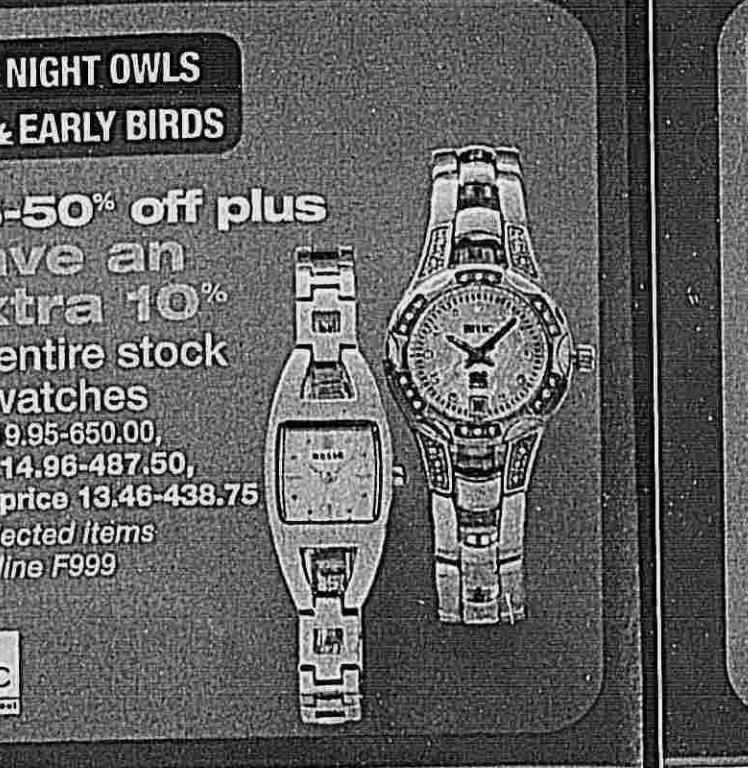


NIGHT OWLS

EARLY BIRDS

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No PC required. Two
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Transfer images
directly from your
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camera memory card
or PC. orig. 199.99
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Available in store only.



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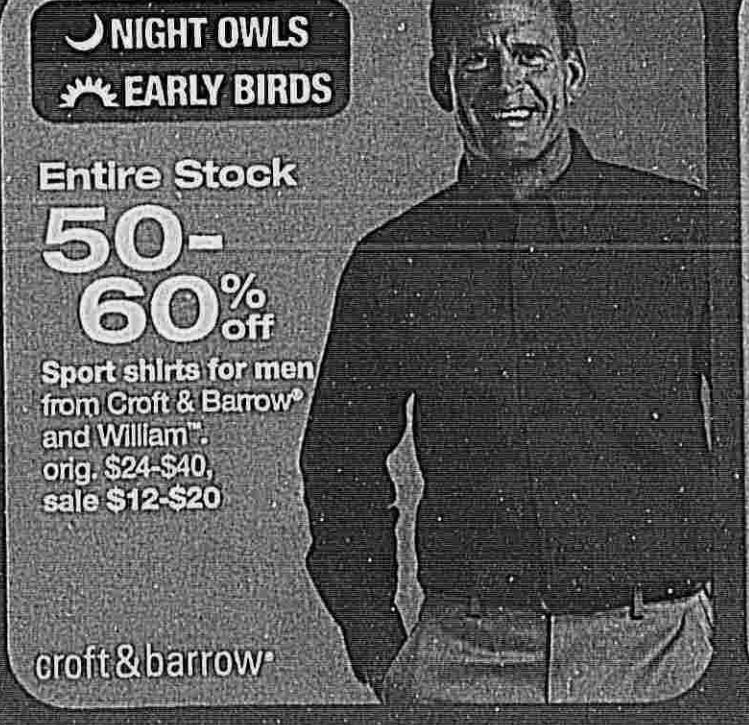
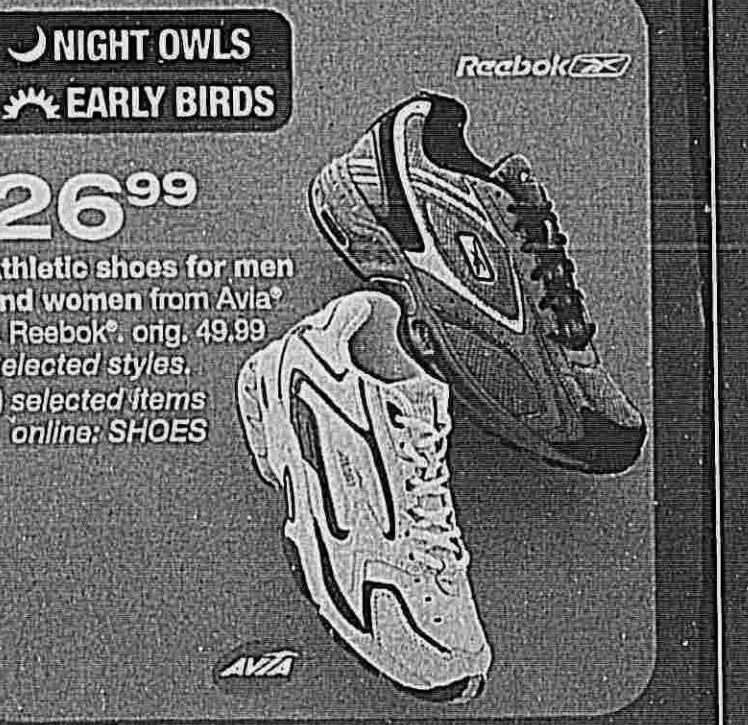
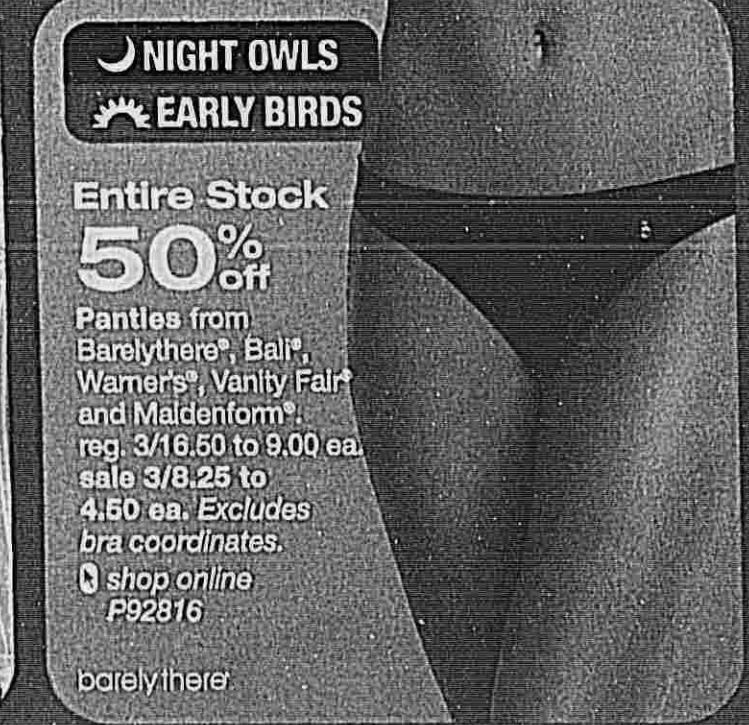
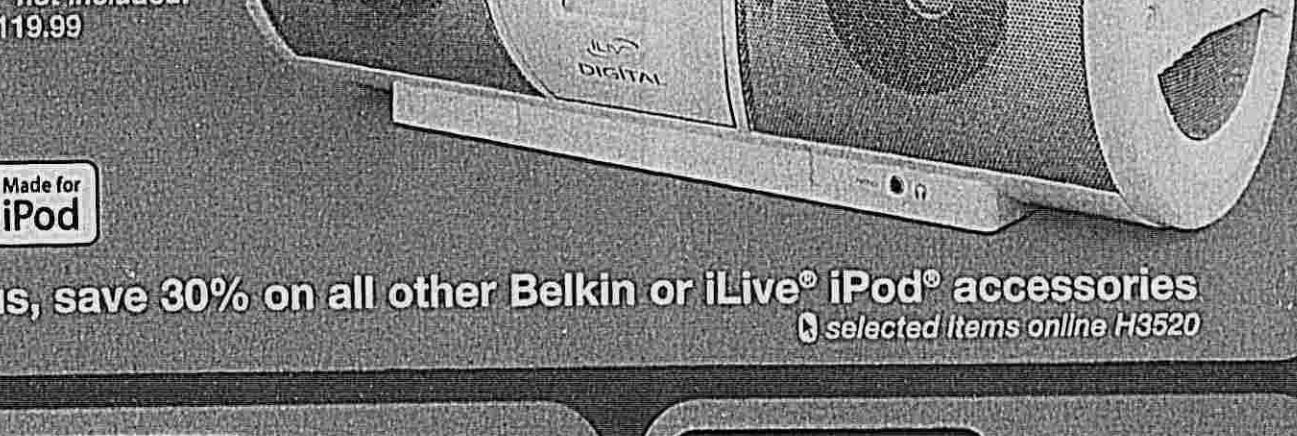
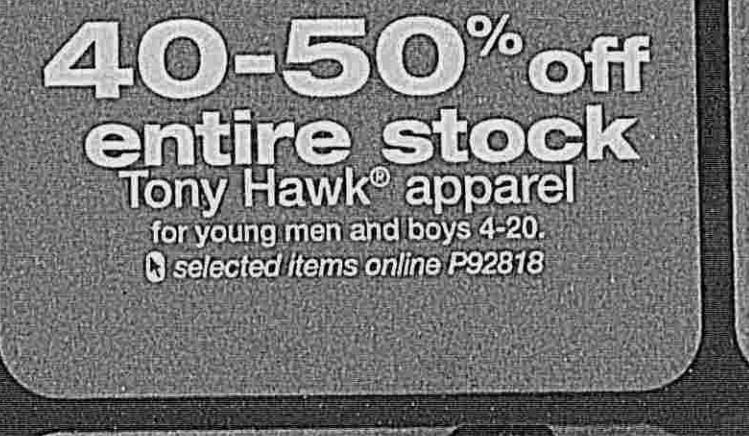
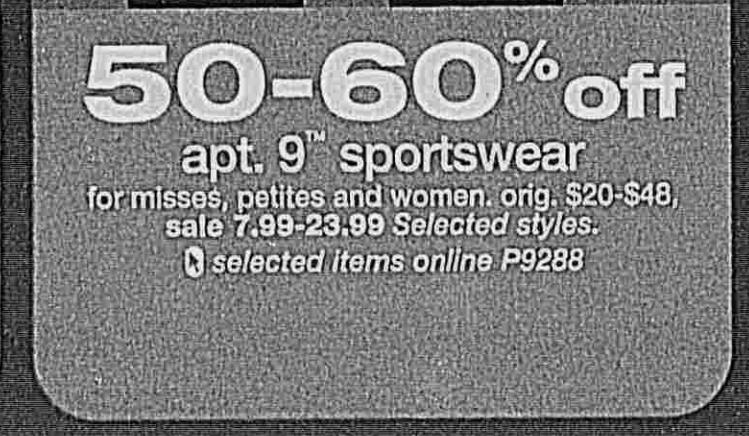
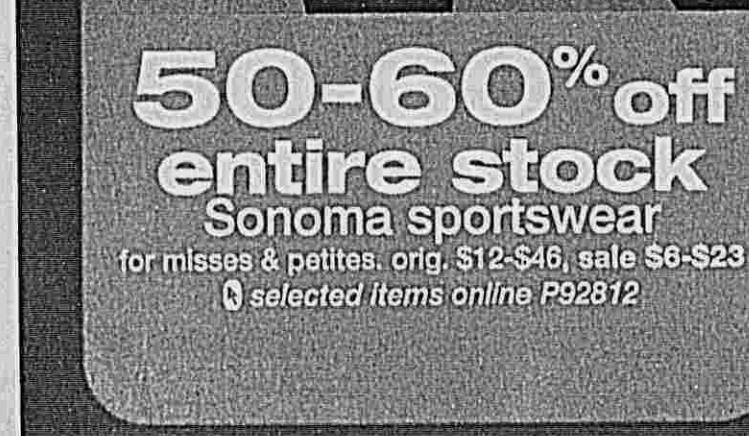
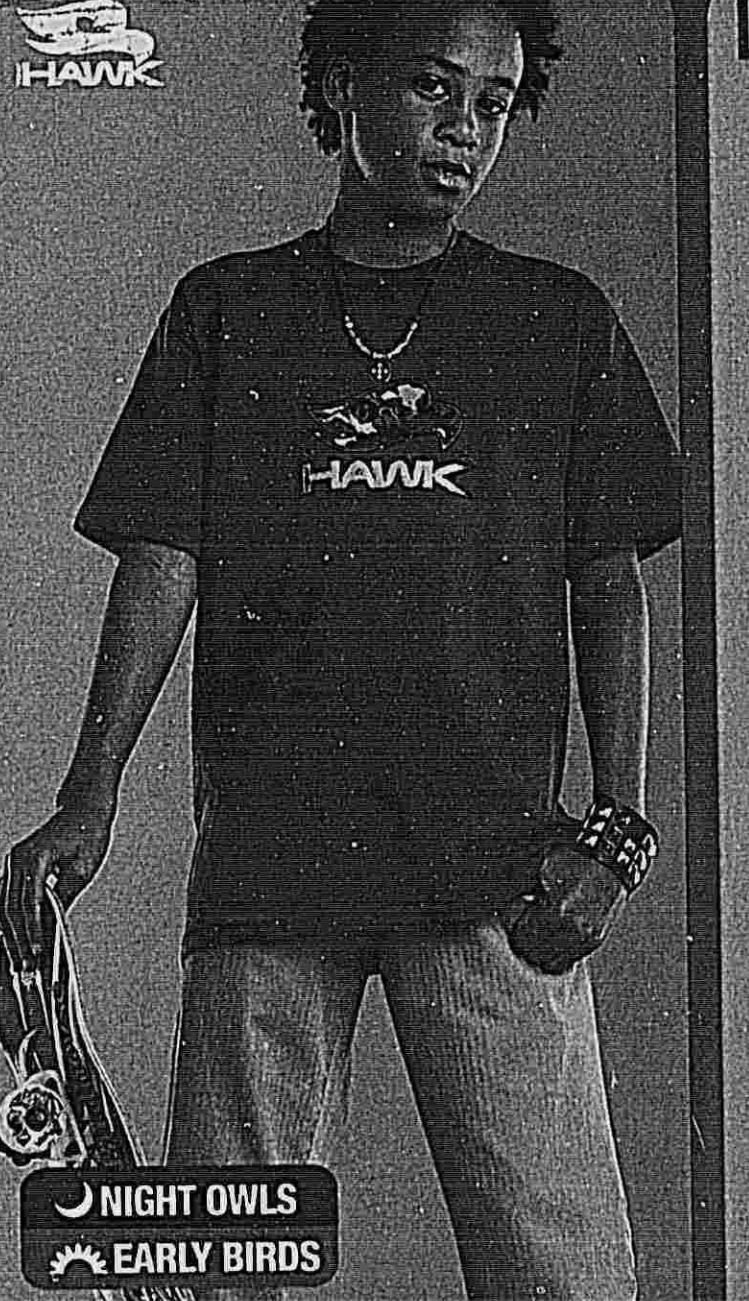
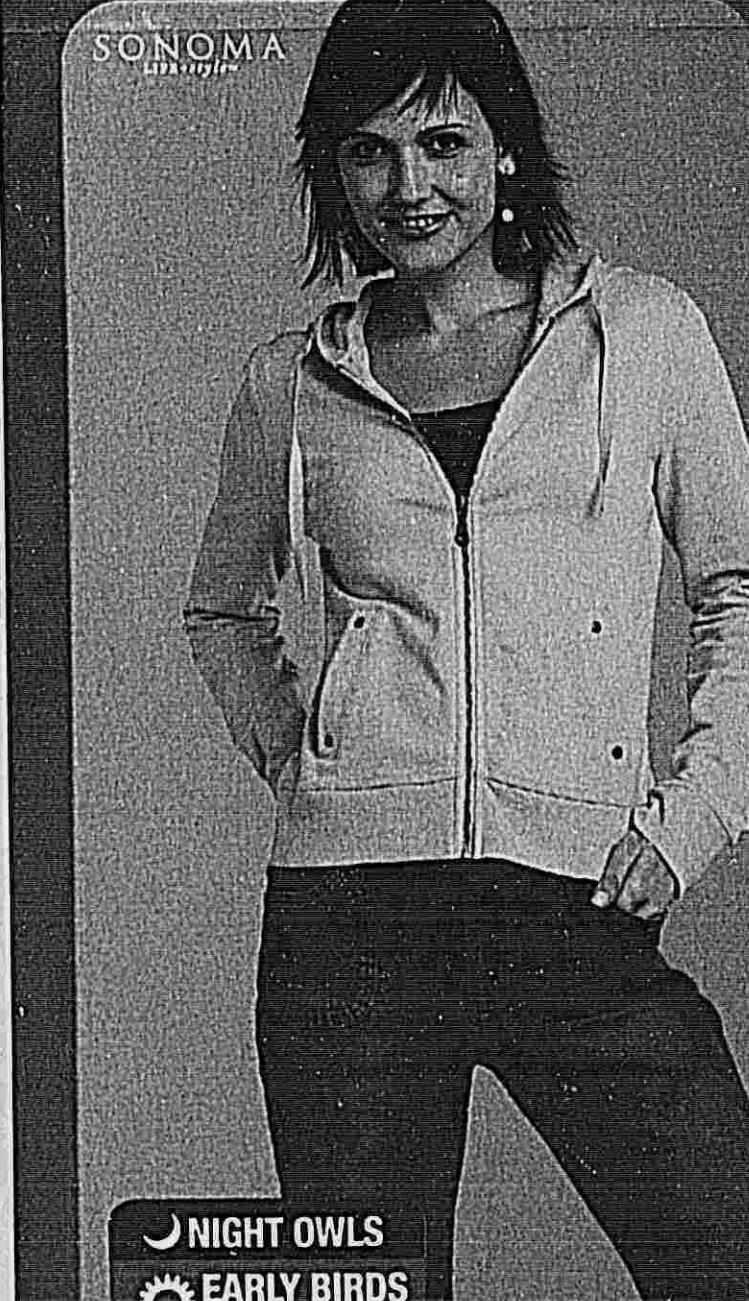
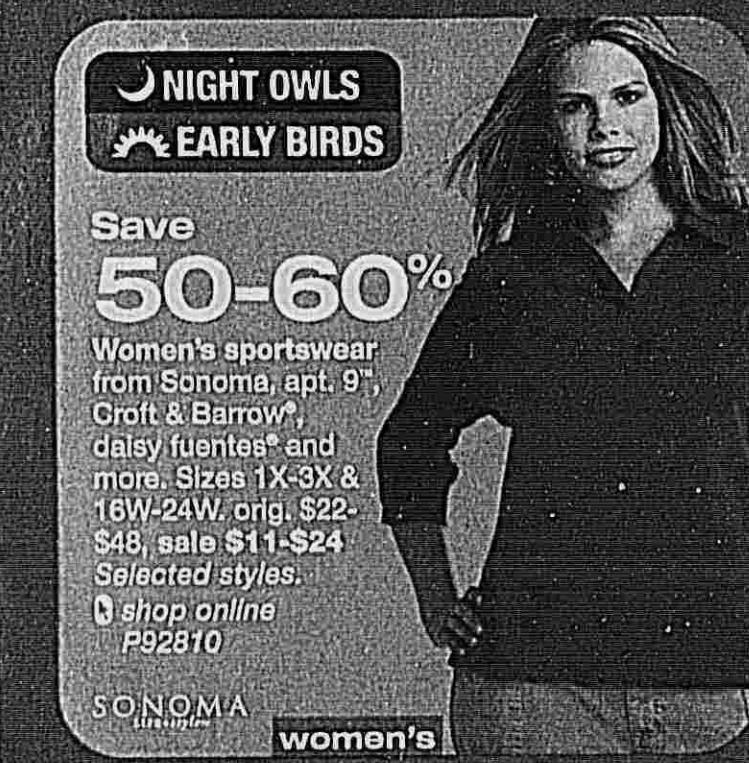
POWER

NIGHT OWLS FRIDAY 3PM-11PM

HOURS

EARLY BIRDS SATURDAY 7AM-1PM

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Fashion jewelry
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30-50% off
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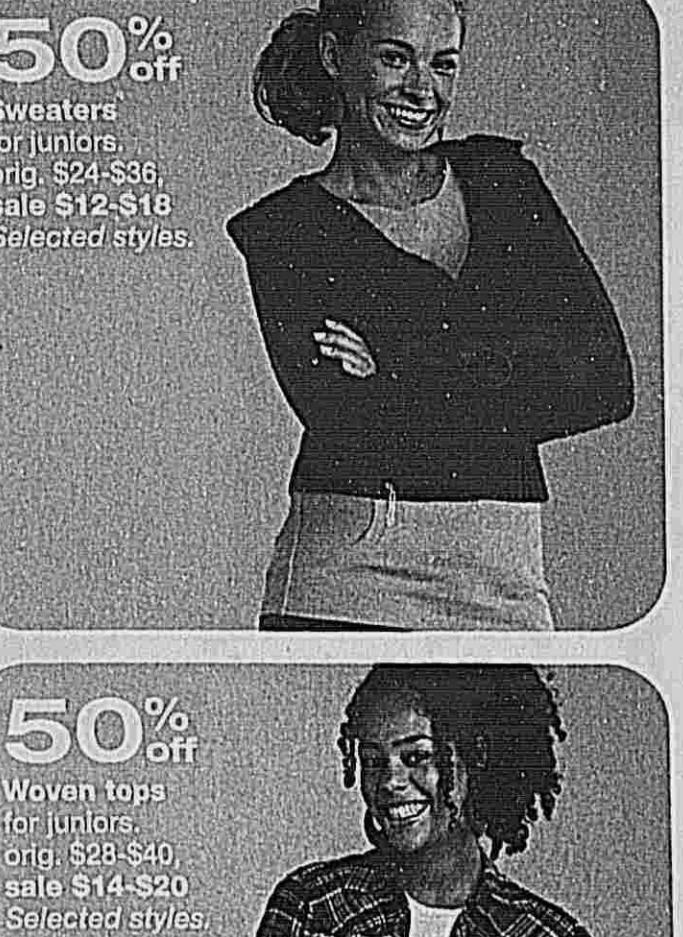
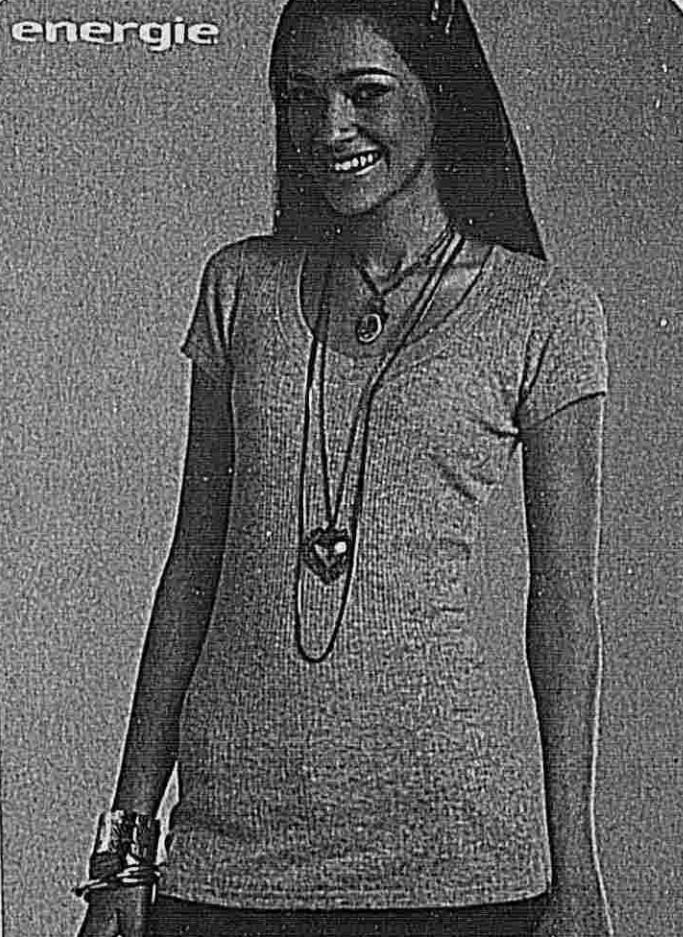
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for juniors, reg. 29.99

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knit tops for juniors
from Energie® and SO...

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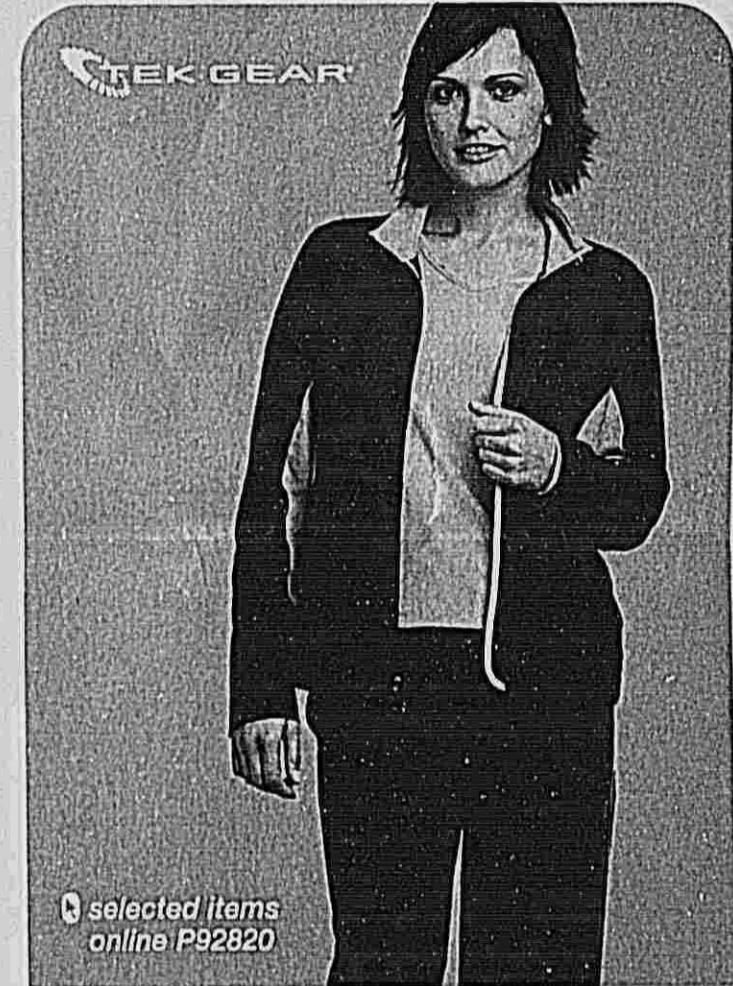
Selected styles
selected items online P92826

50-60% off
separate skirts & pants
and collections

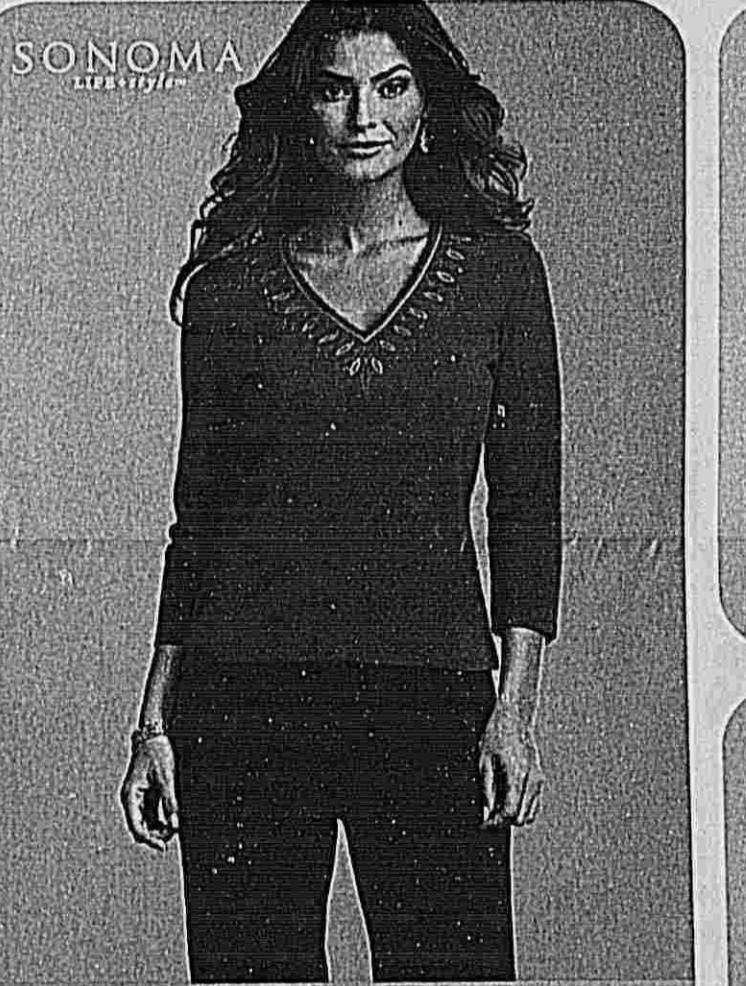
for juniors, orig. \$18-\$36,
sale 5.99-18.00 Selected styles.
Excludes Candy's.

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2 days only Friday & Saturday, Sept. 29 & 30



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active & fitnesswear from Tek Gear®,
Nike®, adidas®, Russell® Athletic,
Danskin®, daisy fuentes® sport, N.Y.L.,
Gloria Vanderbilt® Sport & Fu Da®
for misses, orig. \$16-\$50, sale \$12-\$40
Selected styles.



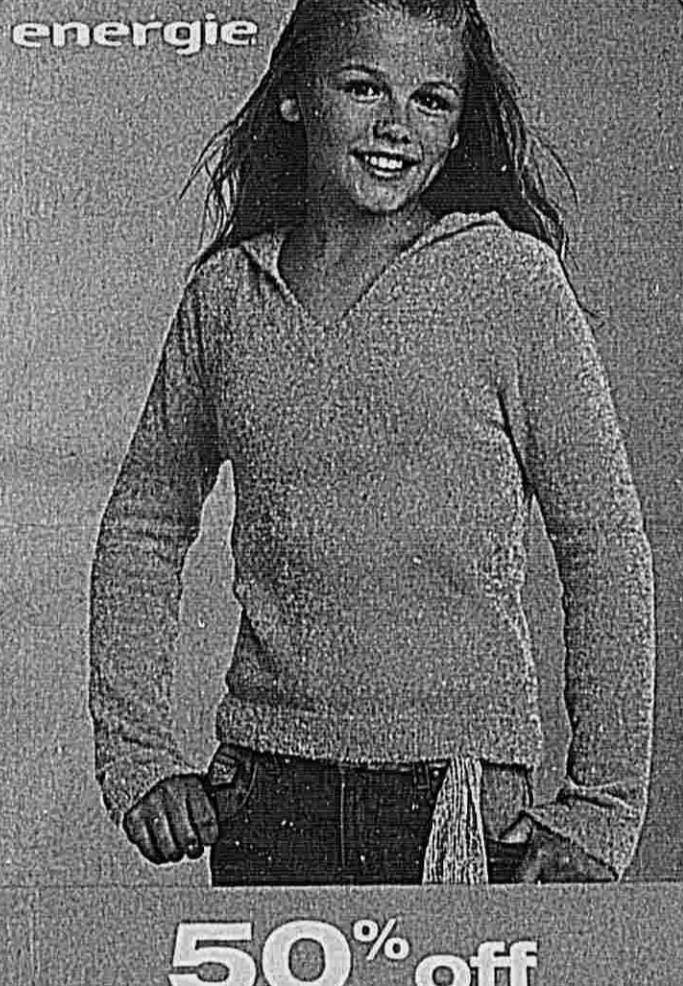
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Sonoma sportswear
for misses, petites & women
orig. \$12-\$46, sale 7.20-27.60 Selected styles.
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Croft & Barrow®
sportswear
for misses, petites & women
orig. \$14-\$58,
sale 7.99-32.99
Selected styles.



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daisy fuentes®, Nine & Co.®
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for girls 4-16, boys 4-7 & toddlers.



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for girls 4-6x, boys 4-7,
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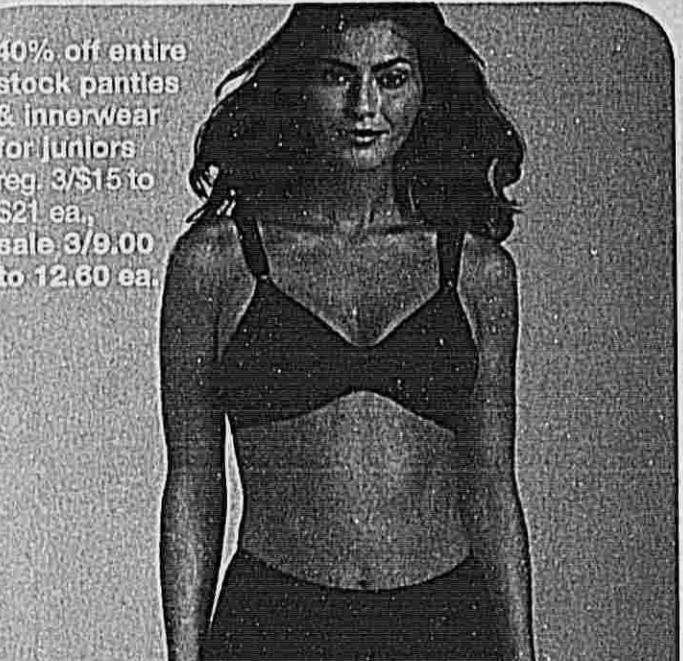
Women's sportswear
from apt. 97, Sonoma,
Croft & Barrow®,
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24W, orig. \$22-\$88,
sale 13.20-40.80
Selected styles.
shop online
P92822

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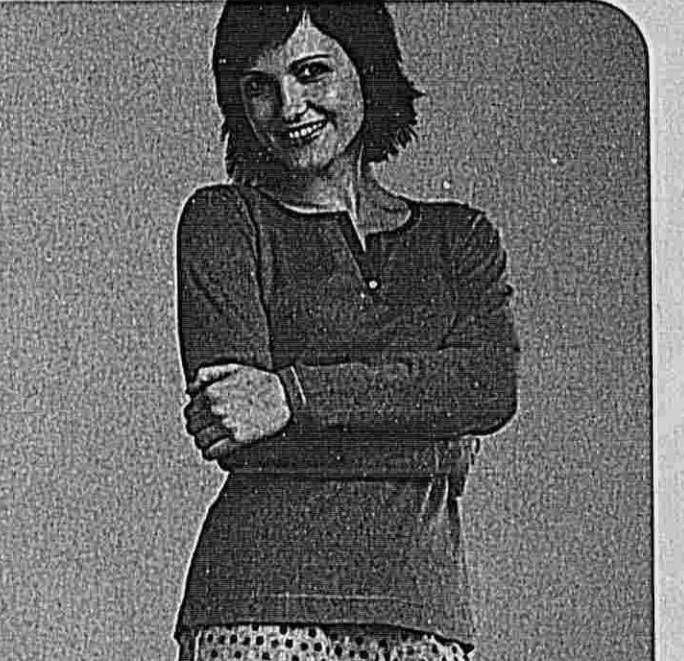
women's



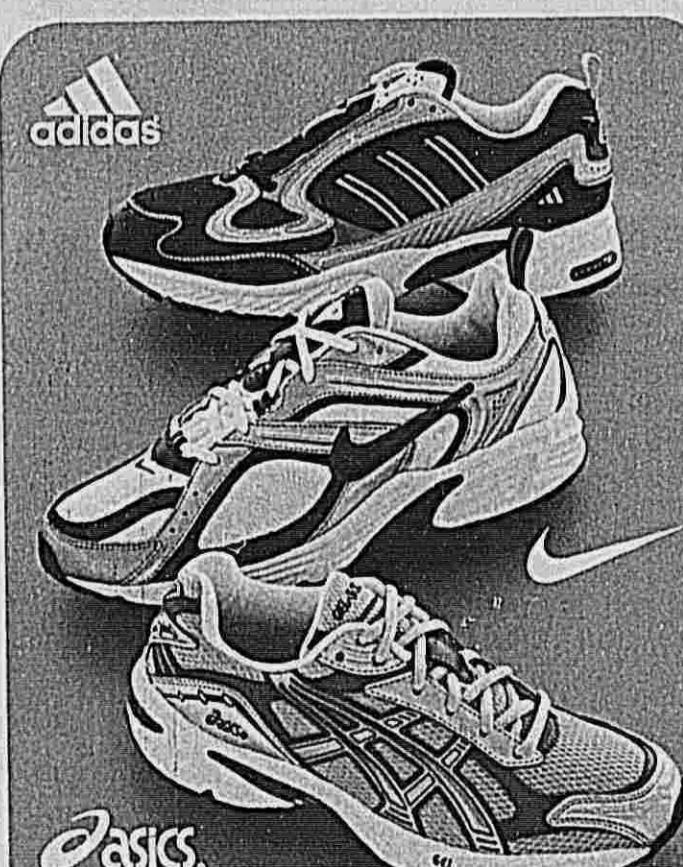
50% off
Petites' sportswear
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daisy fuentes®,
Croft & Barrow®,
apt. 97 & more,
orig. \$16-\$54,
sale \$8-\$27
Selected styles.
selected items online P92824



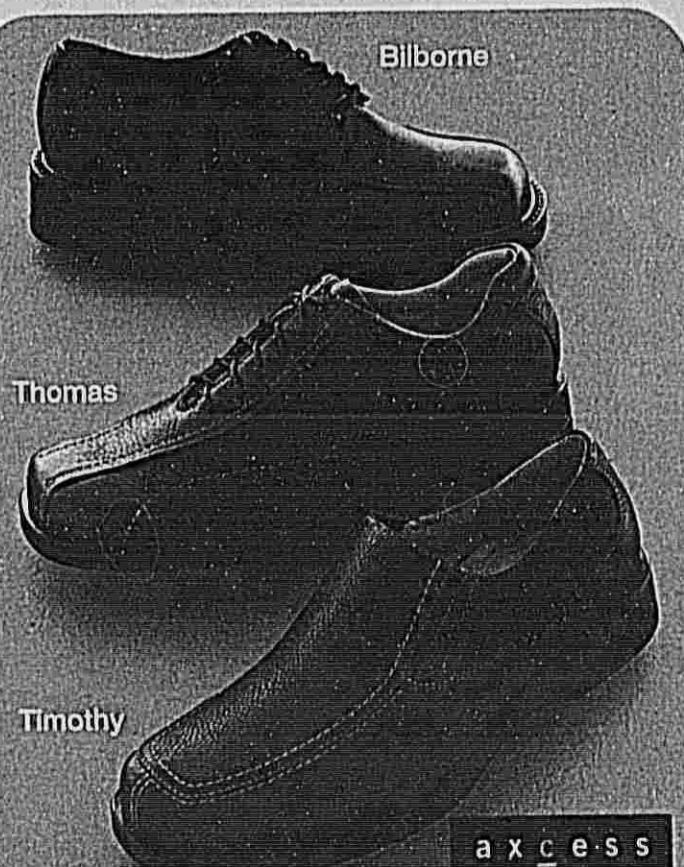
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entire stock
panies & innerwear
for juniors
reg. 3/\$15 to
\$21 ea.,
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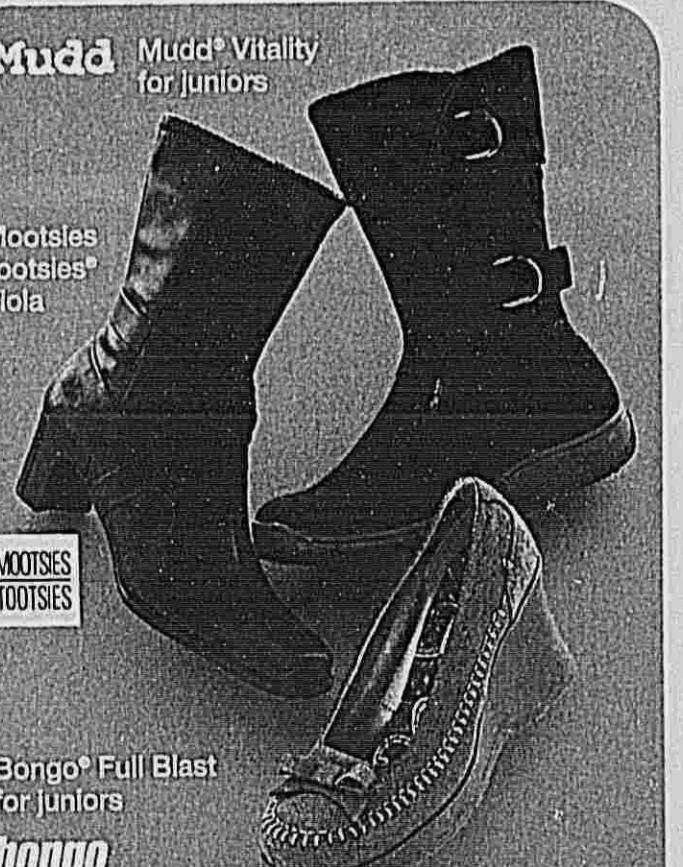
40-50% off
entire stock
sleepwear, loungewear
and robes
for her, orig. \$12-\$60, sale 7.20-36.00
Selected styles.



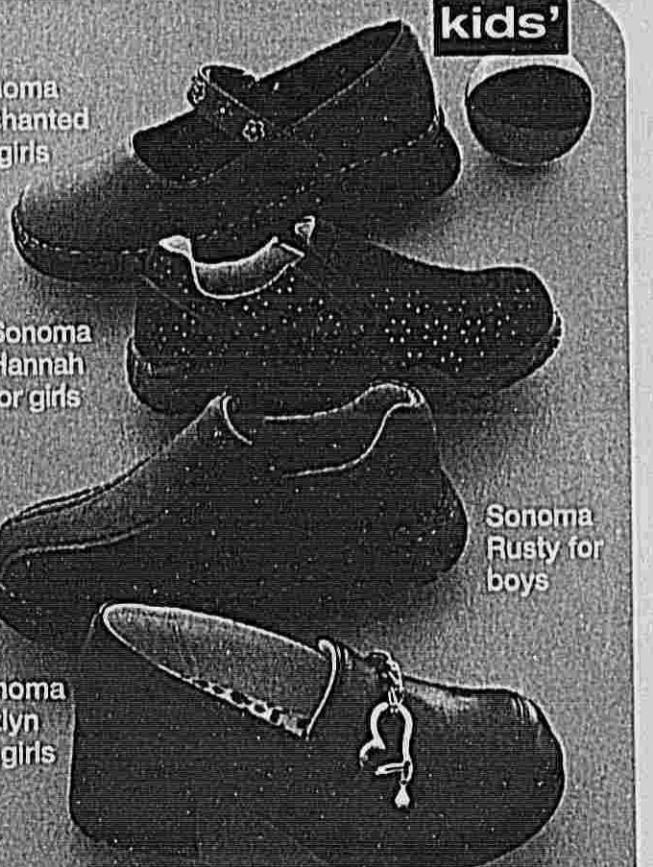
30-50% off
running shoes
for the family, orig. \$34.99-69.99,
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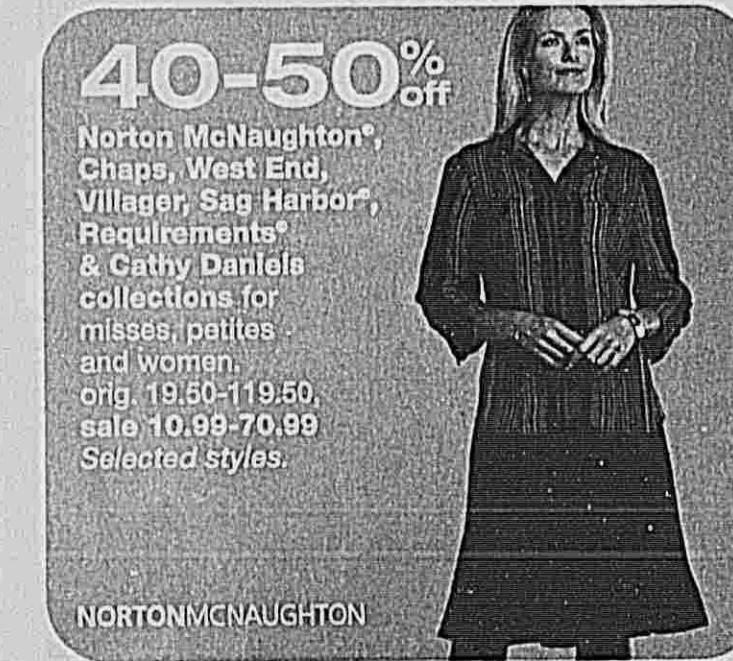
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entire stock
excess shoes
for men, orig. 69.99



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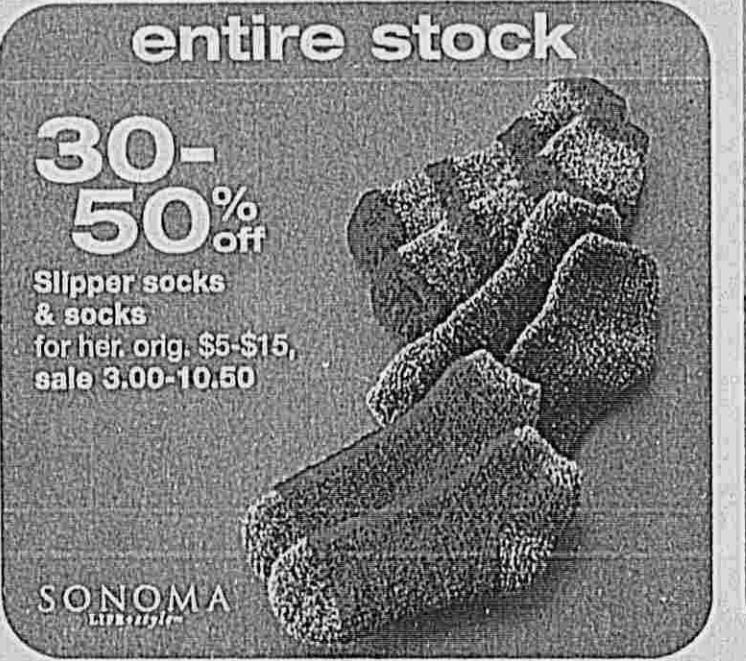


14.99
shoes
for kids, orig. 24.99-29.99
Selected styles.



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Chaps, West End,
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collections for
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entire stock
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and robes
for her, orig. \$12-\$60, sale 7.20-36.00
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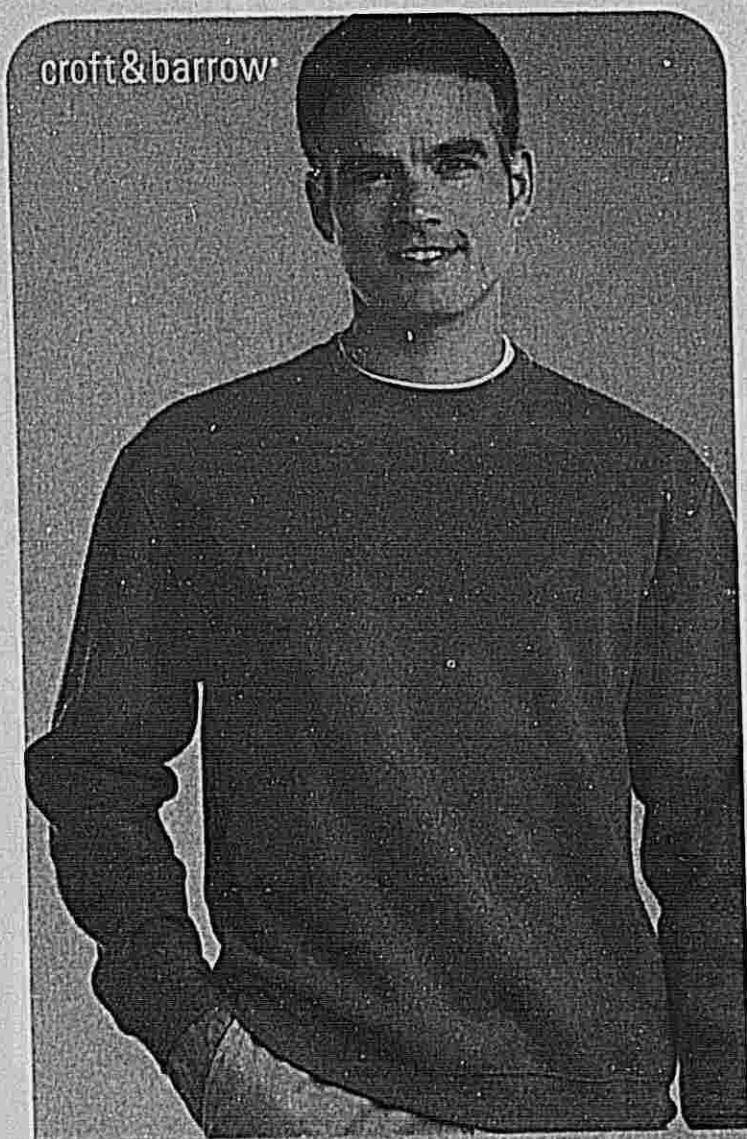
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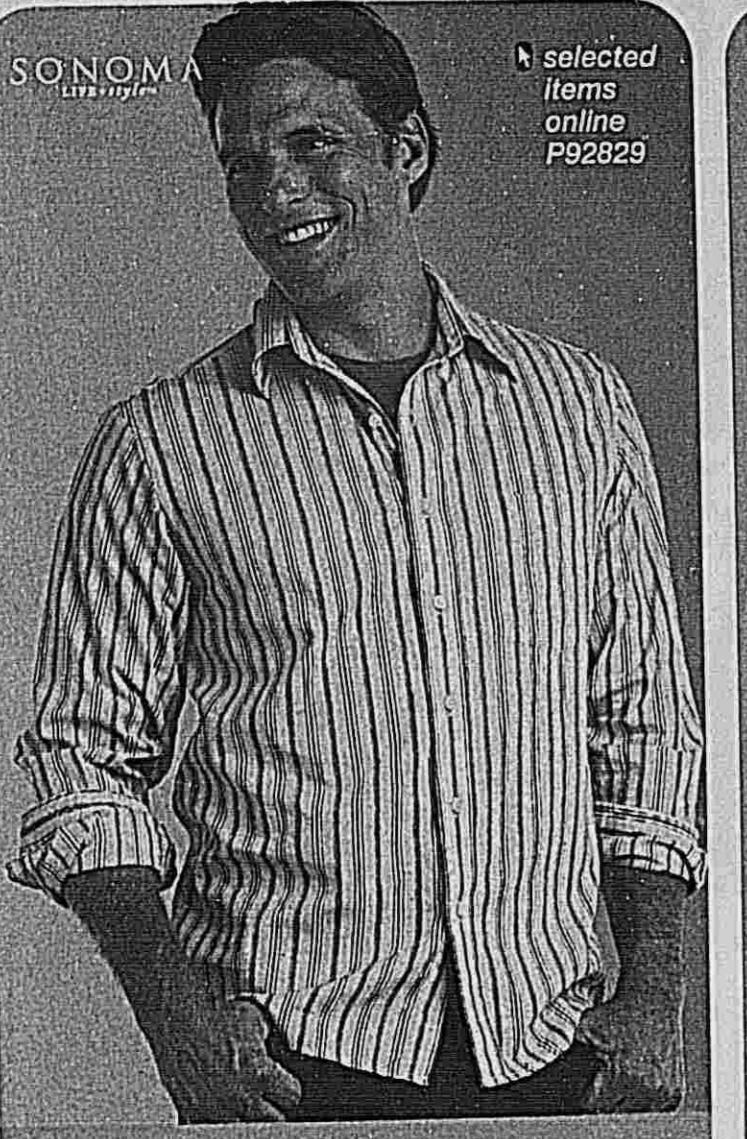
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the new gold star

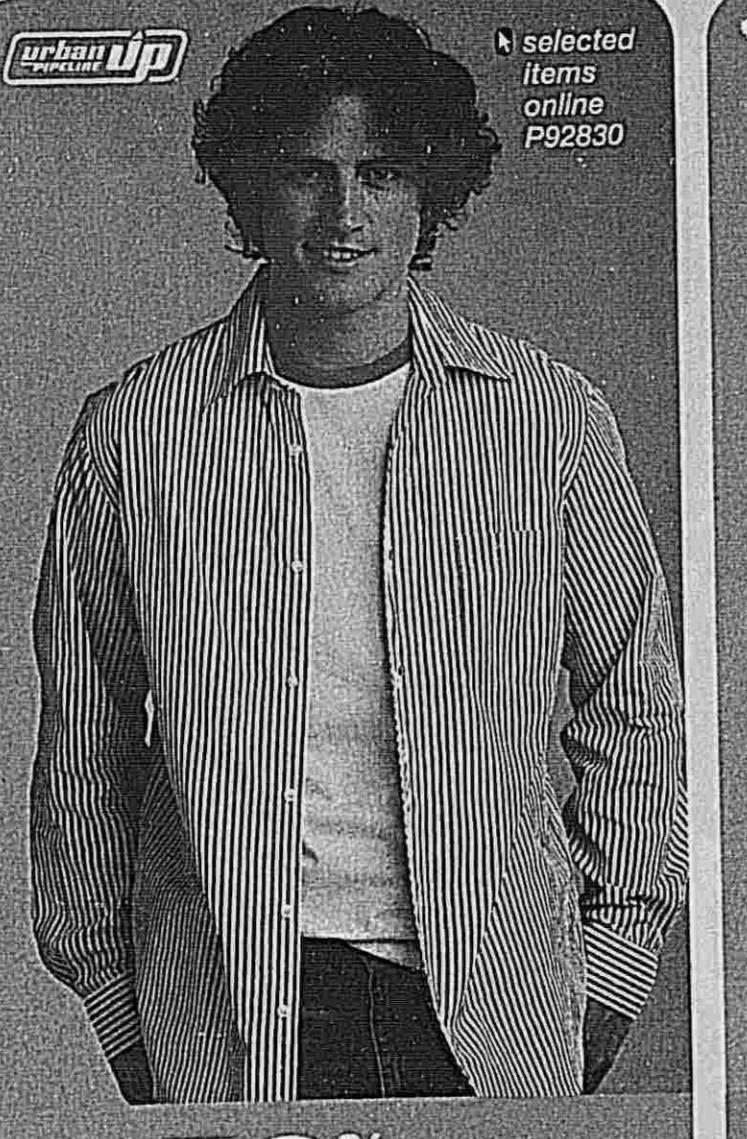
clearance



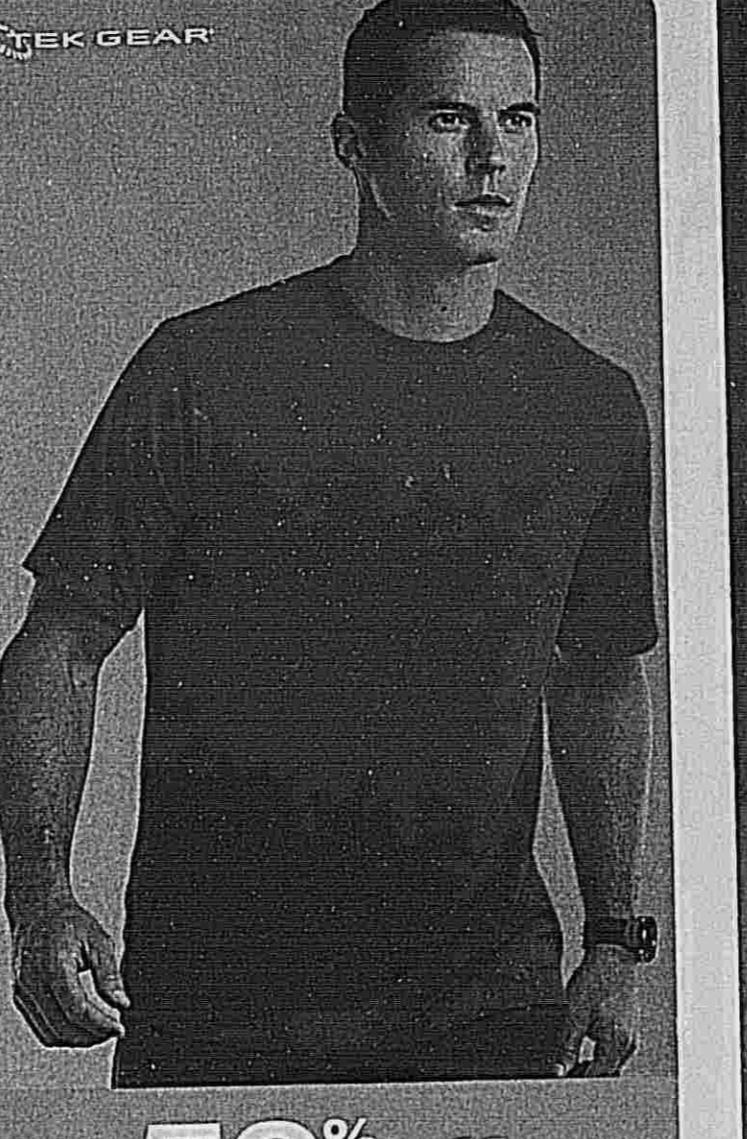
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all knit tops for men
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Arrow, Haggar® and Axist™
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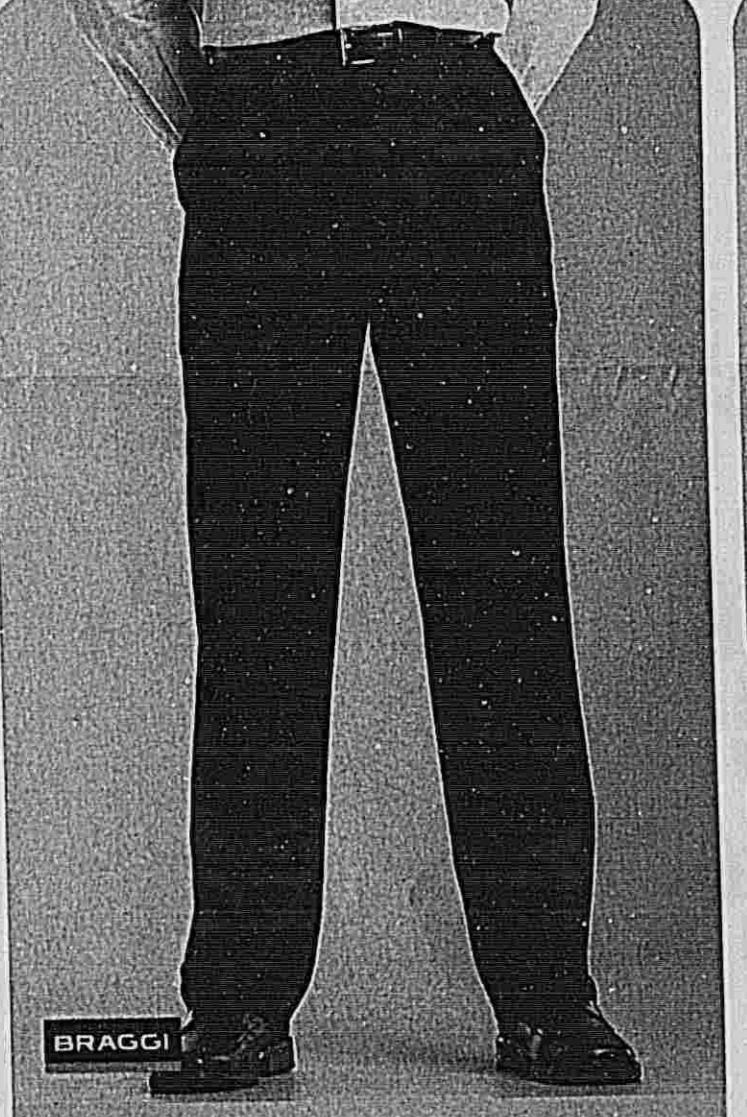
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also available in
burgundy, tapestry,
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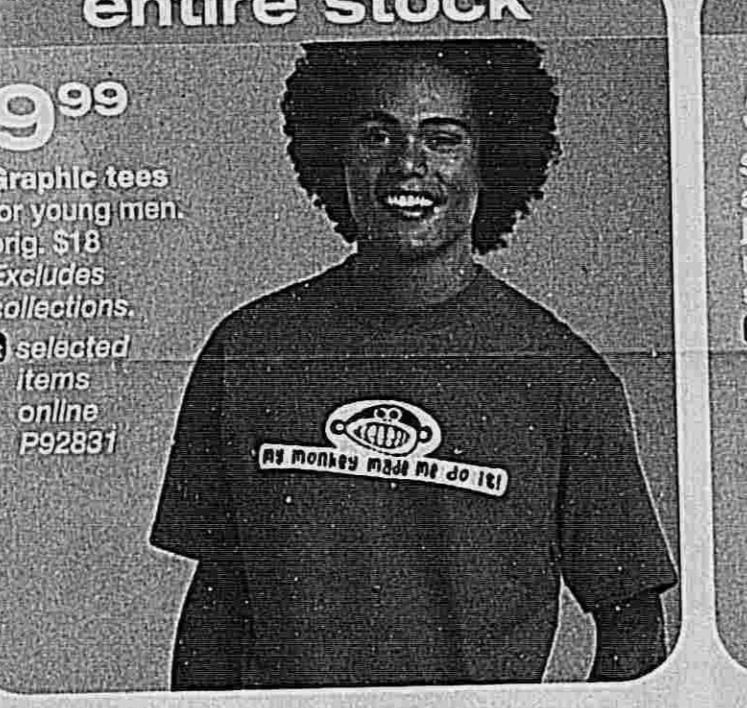
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sport coats for men from
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orig. \$200, sale 99.99



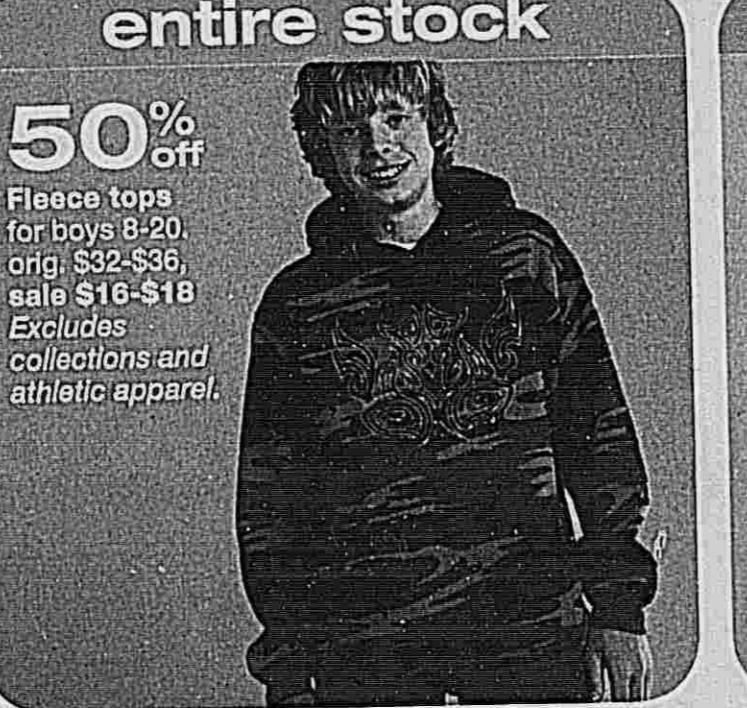
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for men from Braggi®, Axist™,
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9.99
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for young men
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Excludes
collections.
selected
items
online
P92831



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50% off
Sonoma Regular
and Relaxed Fit
jeans for men
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sale 12.49
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orig. \$32-\$36,
sale \$16-\$18
Excludes
collections and
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23.99
Jeans and pants
for young men
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orig. \$42-\$58
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Excludes digital photo frames.



50% off
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throws
orig. 19.99-199.99,
sale 9.99-79.99



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Tabletop
Mandalay



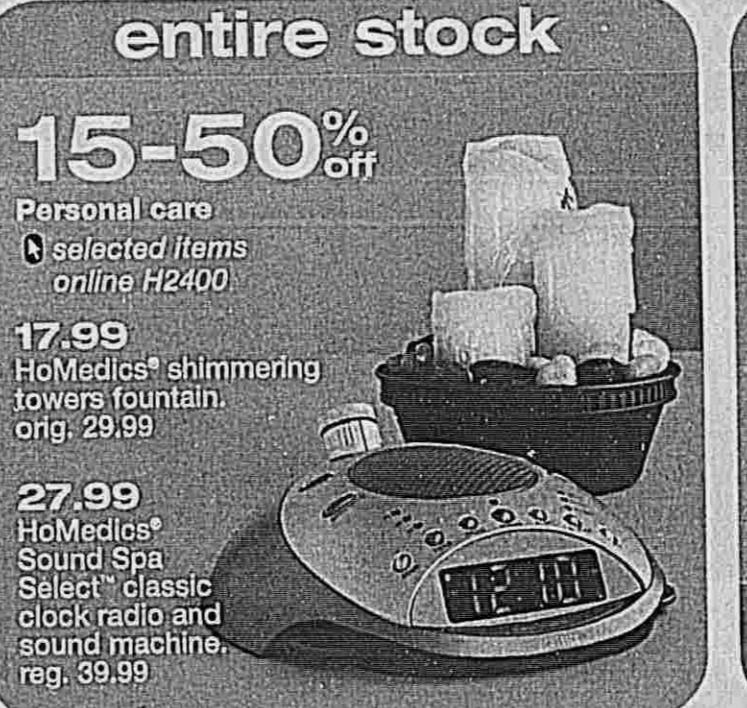
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10-55% off
Cookware
Mandalay



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15-50% off
Personal care
selected items
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15-40% off
Kitchen electrics
selected items
online D1900



entire stock
15-50% off
Personal care
selected items
online H2400



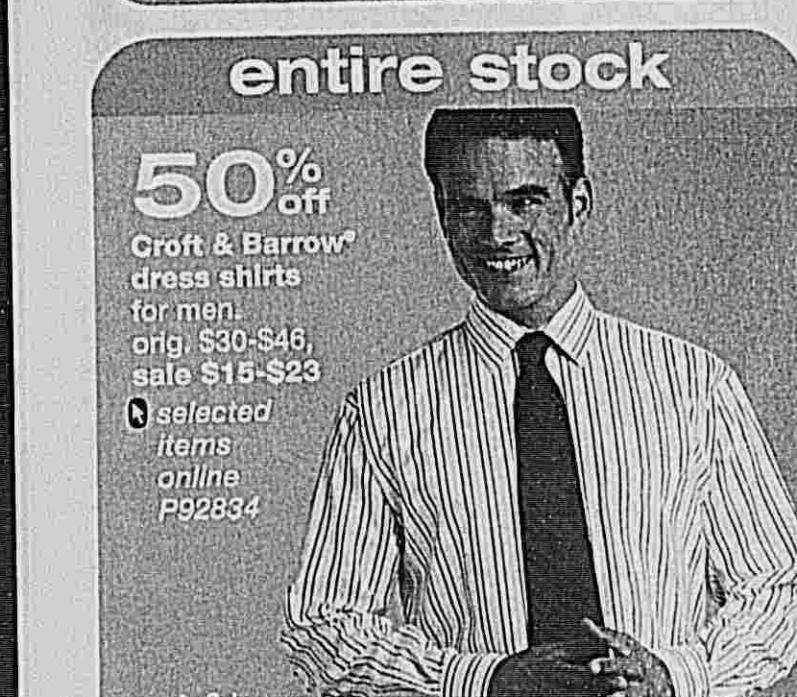
entire stock
15-40% off
Kitchen electrics
selected items
online D1900



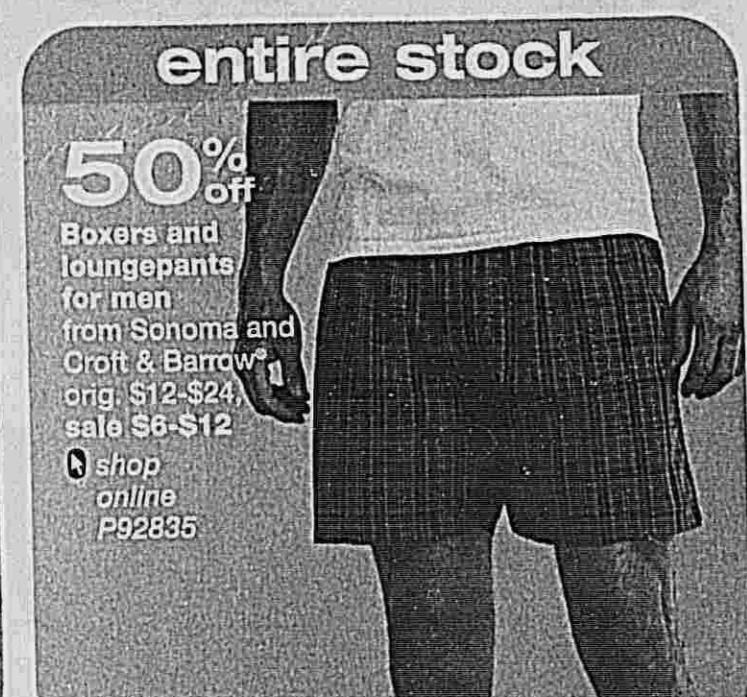
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50% off
Halloween decor,
ceramics, candles & more
Excludes Yankee Candle®.



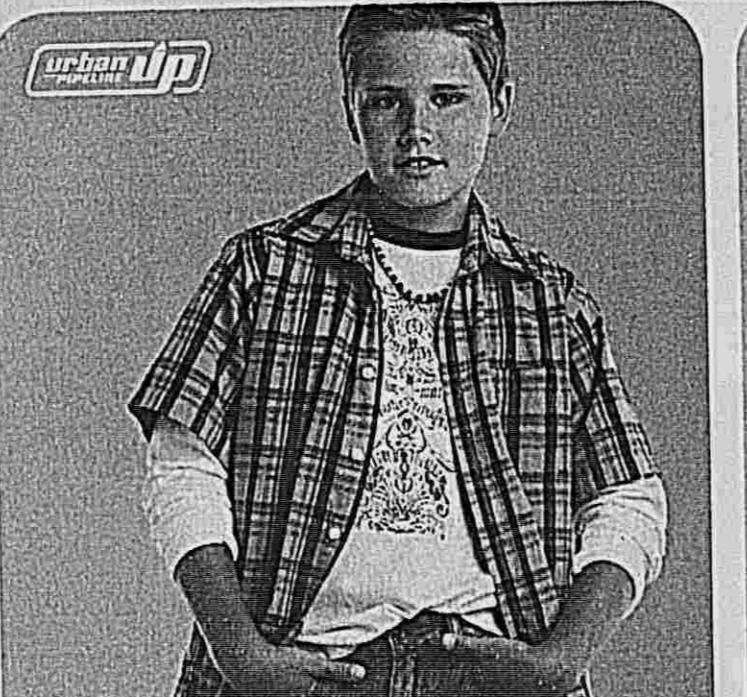
50% off
entire stock
candles and decorative
lighting
Excludes Yankee Candle®.



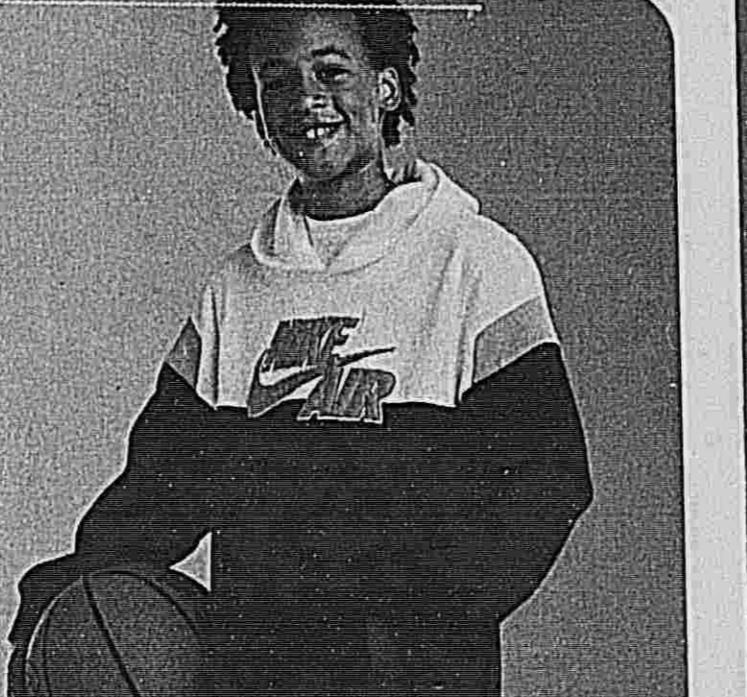
50% off
entire stock
dress shirts for men
orig. \$30-\$46,
sale \$15-\$23
selected items
online P92834



50% off
entire stock
Boxers and
loungewear for
men from Sonoma
and Croft & Barrow®
orig. \$12-\$24,
sale \$6-\$12
shop
online
P92835



entire stock
50% off
Boxers and
loungewear for
men from Sonoma
and Croft & Barrow®
orig. \$12-\$24,
sale \$6-\$12
shop
online
P92835



entire stock
50% off
Boxers and
loungewear for
men from Sonoma
and Croft & Barrow®
orig. \$12-\$24,
sale \$6-\$12
shop
online
P92835



50% off
entire stock
Urban Pipeline™ apparel
fleece tops & active pants
for boys 8-20, orig. \$12-\$34, sale \$6-\$17
selected items online P92836



25-40% off
entire stock
fleece tops & active pants
for boys 8-20, orig. \$24-\$38, sale \$16-\$28.50
selected items online P92836



50% off
entire stock
sweaters for men
from Dockers®, Arrow
and Croft & Barrow®
orig. \$38-\$50,
sale 17.99-24.99
selected items
online P92837



19.99
entire stock
Lee®
Performance
Khakis pants
for men
selected items
online P92838

NIGHT OWLS
EARLY BIRDS

79⁹⁹
Sonoma 5'3" x 7'10" area rugs
reg. 199.99 Selected items online P9282
55% off all other area rugs and scatterers

NIGHT OWLS
EARLY BIRDS

69⁹⁹
Luxury Collection queen or king 800-thread count sheet set
100% cotton sateen, available in 5 colors.
orig. 159.99-169.99

NIGHT OWLS
EARLY BIRDS

39⁹⁹
4-pc. Prodigy luggage set
Also available in tapestry, black and brown.
orig. 119.99

NIGHT OWLS
EARLY BIRDS

2/\$8
Martex Pipeline bath towels
100% cotton, 27x52", 5 colors.
orig. 9.99 ea., sale 2/\$7 or 3.79 ea.
Hand towel orig. 7.99 ea., sale 2/\$7 or 3.79 ea.
Washcloth orig. 5.99 ea., sale 2/\$5 or 2.79 ea.

NIGHT OWLS
EARLY BIRDS

97.99
Your choice
Hoover WindTunnelTM Lite
Bagless vacuum or SteamVacTM
deep cleaner.
reg. 199.99 ea.

20-50% off
entire stock
floor care
Includes upright vacuums, deep cleaners
and hand & stick vacuums.
Shop online H1400

NIGHT OWLS
EARLY BIRDS

29.99
Your choice
Hamilton Beach Stay or Go 6-qt.
slowcooker, Presto[®] CoolDaddy[™] deep
fryer, Oster[®] food
steamer or Hamilton Beach[®] WaveStation
blender. reg. 39.99-
59.99 ea.

20-50% off
entire stock
small electrics
Includes coffee makers, irons, stand mixers,
toasters and toaster ovens.
Selected items online D1900

NIGHT OWLS
EARLY BIRDS

22.49 Final Price
Sonicare[®] E-Series
replacement brush heads.
reg. 34.99, sale 24.99

17.99 Final Price
Conair[®] 13-pc.
Professional multi-use
rechargeable
beard/mustache
trimmer. reg. 24.99,
sale 19.99

67.99 Final Price
Sonicare[®] Essence
5300 toothbrush.
reg. 99.99, sale 75.55

15-50% off plus
save an
extra 10%
on entire stock of
personal care
Selected items online H2400

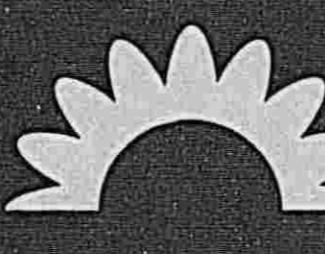
NIGHT OWLS
EARLY BIRDS

55% off
entire stock
tabletop
Selected items online P9283

POWER HOURS



NIGHT OWLS
FRIDAY 3PM-11PM



EARLY BIRDS
SATURDAY 7AM-1PM

NIGHT OWLS
EARLY BIRDS

50-60% off
access, AB Studio,
daisy fuentes[®]
and Nine & Co.[®]
collections
for misses, petites
and women.
orig. \$34-\$49,
sale 17.00-24.50
Selected styles.
Selected items
online P9284

NIGHT OWLS
EARLY BIRDS

50-60% off
Sag Harbor[®], Chaps,
West End, Villager,
Norton McNaughton[®],
Requirements[®]
& Cathy Daniels
collections
for misses, petites
and women.
orig. 19.50-119.50,
sale 8.99-58.99
Selected styles.

NIGHT OWLS
EARLY BIRDS

14.99
Bras from
Maidenform[®],
Ball[®], Warner[®],
Vanity Fair[®] &
Barelythere[®].
reg. \$23-\$30
Selected styles.
Shop online
P9285

NIGHT OWLS
EARLY BIRDS

**Entire Stock
40% off**
Candie's[®]
collections
for juniors. orig.
\$24-\$58, sale
14.40-34.80

NIGHT OWLS
EARLY BIRDS

60% off plus
save an
extra 15%
on entire stock of
fine jewelry
Excludes Super Buy and
discontinued items.
Shop online F999

89.99 ea. Final Price
Entire stock 1/4 ct. T.W.
diamond jewelry, 10k gold.
reg. \$300 ea., sale 105.88 ea.

NIGHT OWLS
EARLY BIRDS

**Entire Stock
50-60% off**
Dress shirts
and neckwear
for men from
Croft & Barrow[®],
Arrow and Axiost[®].
orig. \$26-\$46,
sale 12.50-23.00
Shop online
P9286

NIGHT OWLS
EARLY BIRDS

**Entire Stock
50-60% off**
Separates for
girls 4-16, boys 4-7,
toddlers, infants
and newborns
from Sonoma & SO...
SONOMA life+style[®],
SO...so real, so right.[®]

NIGHT OWLS
EARLY BIRDS

**Entire Stock
55% off**
Sleepwear
for girls 4-16,
boys 4-20,
toddlers and
infants.
Selected items
online P9287

KOHL'S
expect great things[®]

Prices good Friday, Sept. 29 & Saturday, Sept. 30, 2006.

Store Hours: Friday, September 29, 8am-11pm;
Saturday, September 30, 7am-10pm

Selection may vary by store. Some merchandise may not be available at every store. "Sale" prices and percentage savings offered in this advertisement are discounts from Kohl's "Regular" or "Original" prices. The "Regular" or "Original" price of an item is the former or future offered price for the item or a comparable item by Kohl's or another retailer. Actual sales may not have been made at the "Regular" or "Original" prices, and intermediate markdowns may have been taken. Clearance merchandise is excluded from "Entire Stock" promotions in this advertisement. In some events, actual savings may exceed the percent savings shown. KOHL'S[®] and KOHL'S brand names are trademarks of Kohl's Illinois, Inc. ©2006 Kohl's Department Stores, Inc.

more
savings



Open a Kohl's Charge and receive
additional discounts 12 times a year.
Subject to credit approval. See store for details.

For the Kohl's Store nearest you call 1-800-837-1500
or visit us on the Web at Kohls.com

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INTERNATIONAL UNIVERSITY
Community Bible Church
REACH Adult Undergraduate Programs

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An introduction to thinking and living as a Christian in the world of ideas and lifestyle, focusing on the concept of "worldview". How do we discern the worldview messages being communicated to us through popular culture (internet, art, music, film, television, journalism, etc.), and what are the responses required of us as followers of Christ?

You
can earn
3 credits before
Thanksgiving!

**Five Monday evenings
Oct. 16th - Nov. 13th**

6:00-10:00 P.M.

**Chain of Lakes
Community Bible Church**

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**Cost: \$600 - a special tuition
discount for this first course**

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chris.Newton@CLCBC.com

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- Enroll for personal enrichment.

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The REACH admissions staff is pleased to answer any questions you may have about any of our programs. Contact Sharon Whited at 877-237-0806.

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